



# Activities for the Family Caregiver - Traumatic Brain Injury: How to Engage, How to Live (Volume 7)

*Scott Silknitter, Heather McKay, Lisa Gonzalez*

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A unique blend of decades of activities and engagement experience mixed with occupational therapy and dementia care experience, the *Activities for the Family Caregiver: Traumatic Brain Injury: How to Engage / How to Live* offers information and insight to enhance quality of life for family caregivers.

Learn new communication and engagement strategies to improve time spent with your loved one. Gain new insight as you learn the "how to's" and "why" techniques of activities of daily living and leisure. Discover how to turn daily activities and routines into opportunities to start some joy. Written by nationally-recognized leaders, *Activities for the Family Caregiver: Traumatic Brain Injury: How to Engage / How to Live* provides much-needed information to address the unique social needs of those with traumatic brain injury and those who care for them.

### TOPICS COVERED IN THIS BOOK

- Traumatic Brain Injury Overview
- Family, Friends and the Benefits of Activities
- Know Your Loved One-Information Gathering and Assessment
- Communicating and Motivating for Success
- Customary Routines and Preferences
- Planning and Executing Activities
- Leisure Activity Categories - Types, Topics, and Tips
- Activities of Daily Living - Tips and Suggestions
- Home Preparation
- Personal History Form

The Activities for the Family Caregiver book series embodies the mission of R.O.S. Therapy Systems: To improve quality of life for seniors and their caregivers through activities and education.

Each book in the series was written by industry experts related to the specific topic covered and is filled with valuable information and common sense tips to help families and caregivers engage their loved one in meaningful activities.

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