



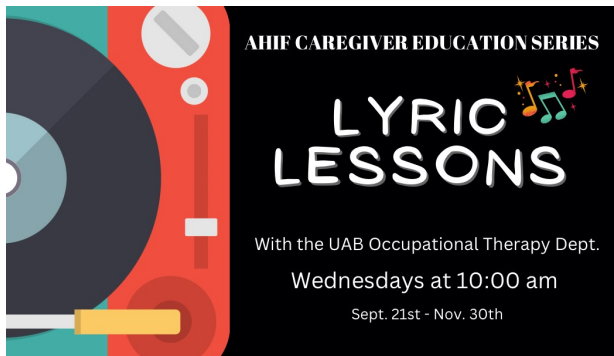
# Caregiver Education

PHONE: 800-433-8002 E-MAIL: INFO@AHIF.ORG

## Alabama Head Injury Foundation

### UAB Occupational Therapy Sessions

AHIF is pleased to partner with the UAB Occupational Therapy Department, with students leading sessions for our caregivers. These sessions are centered around topics specific to caregiving and the challenges so often associated with it. For Fall 2022, these ten sessions will be every Wednesday morning from 10:00-11:00 a.m. beginning September 21st.



**Sept. 21st Music Can Improve Quality of Live** - The science behind why people connect with music so well and how it can affect moods.

**Sept. 28th 'Time on my Side'** – Why managing time is important, effective ways to manage time, and what to do with 'extra' time.

**Oct. 5th 'Man in the Mirror'** – Being an advocate for your loved one. *If they wanna make the world a better place, take a look at yourself and then make a change...*

**Oct. 12th 'Epiphany'** – How to recognize and manage caregiver burnout.

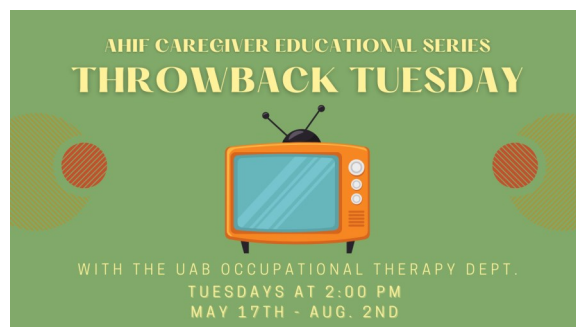
**Oct. 19th 'Physical'** – The importance of physical and mental health and how to fit it in to daily life.

### What is Occupational Therapy?

It is a healthcare branch focused on helping people with physical, cognitive or sensory problems. It is focused on helping people participate in their daily activities when a health condition makes it difficult to do so.

### Topics Covered in the Past

- Assistive Technology
- Home Safety
- Compassion Fatigue
- Navigating Healthcare and Insurance
- Combating Isolation
- Boundaries
- Managing agitation and restlessness
- Value of De-Cluttering



# Caregiver Monthly Education Programs



Once a month, AHIF is pleased to provide an educational program for all interested caregivers. Many programs are provided by a guest speaker from the community with a special expertise or interest in a specific topic or program, and others are facilitated by AHIF staff. If you are unable to attend one of these sessions live, the sessions are recorded and uploaded to our YouTube channel and website. To keep informed about upcoming programs, you can e-mail [caregiver@ahif.org](mailto:caregiver@ahif.org) to be added to the e-mail reminder list.



Caregiver Education Opportunity

## Strategies to Maintain & Improve Brain Health

With Jasmin and Namiko, Doctoral Students  
from the University of South Alabama  
Dept. Of Clinical and Counseling Psychology

Wednesday, August 24th  
10:00 am via Zoom

Please email Bethany Leonard at  
[caregiver@ahif.org](mailto:caregiver@ahif.org) to participate



## Other Caregiver Education Programs

AHIF is also pleased to have developed a Caregiver Track within its five annual Bright Ideas TBI Camp programs. On the second day of camp, Caregivers are provided separate programming aimed at focusing on your needs and education. In the past Caregivers have worked with Social Workers, Attorneys, Neuropsychologists, Nutritionists, and more. For more information about these camps, contact your Support Specialist.



## Why do we do this?

We understand that as a caregiver you have many questions. You want to make sure that you are up to date and giving your loved one the best care. It is our desire to equip you with knowledge to feel well informed and that you have the opportunities to hear from various professionals. We want to bring these professionals to you so that you can get your questions answered and feel as though you are giving the best care to your loved one.

## Need More Information?

Please contact Bethany Leonard, AHIF Caregiver Program Coordinator, at [caregiver@ahif.org](mailto:caregiver@ahif.org) or reach out to your Support Specialist