Building Effective Responses to the Needs of Caregivers of Individual Living with Traumatic Brain Injury: A Multi-Phase Study

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Introduction

- 1/5 **caregivers** experiences a decline in their health due to their caregiving responsibilities[1]
- It is crucial to develop **tailored solutions** that address their specific needs and provide better support in their role

Objectives

1-Document and prioritize the needs of TBI caregivers

2- Co-develop a tailored support program

3- Explore the acceptability and effects of this program

Methods

1. Mixed-methods systematic review[2] to document the needs

CINAHL, PsycINFO, Medline, Web of Science

Inclusion criterias: (1) Discuss the needs of moderate-to severe TBI caregivers (2) Written in French or English

Analysis based on the *Family needs questionnaire*[3]

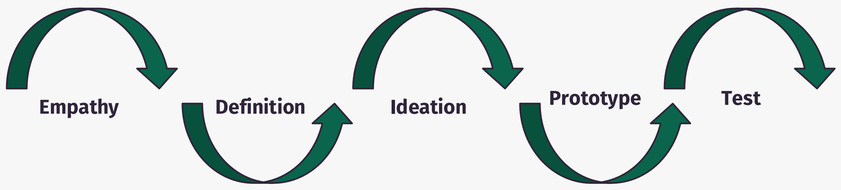
2. Qualitative study using the TRIAGE[4] group method to prioritize the needs

4 community workers +5 TBI caregivers

Includes an individual and a group phases; Simultaneous analyses

3. Co-design process based on the *Design Thinking[5] methods* to develop a support program

Steering committee to participate in the following step

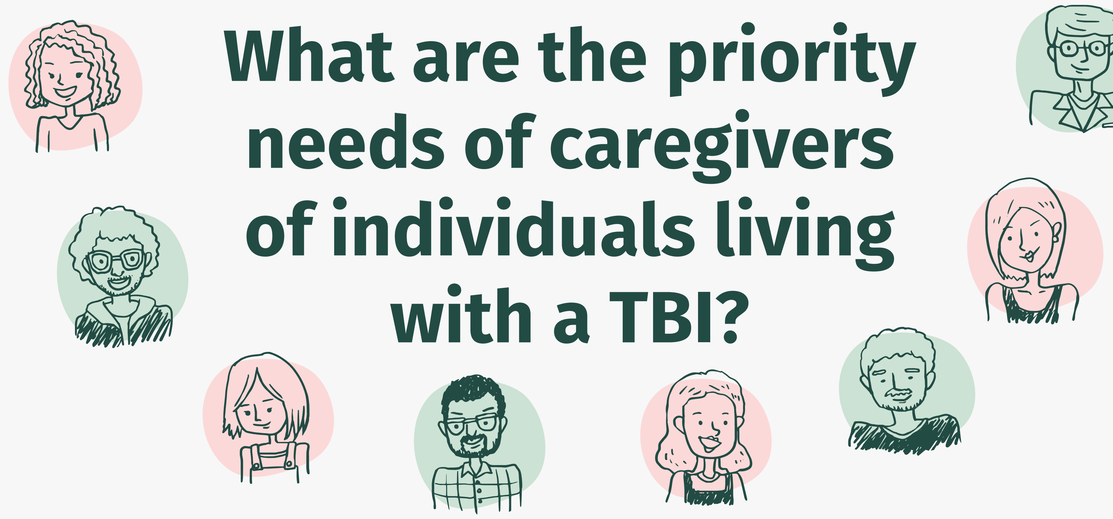


4. Mixed-methods study[6] to explore

Acceptability → based on the *Theoretical Framework of Acceptability*[7]; Descriptive statistics

Perceived effets → 15 semi-structured interviews with TBI caregivers; inductives analysis

What are the priority needs of caregivers of individuals living with a TBI?



Caregivers n=5	Needs highlighted by both groups	Community workers n=4
Informations about their rights	**Peer support**	**Informations on how to support their loved one with TBI** *Includes addictions, sexuality, autonomy and behavior management etc.)
Adapted accomodations and/or home support	**Access to Heath and administratives informations**	
Preparing to pass the torch	**Guide to navigate the healthcare system and accessing community ressources**	
Long-term support		
Services adapted to the severity of the TBI	**Well-being support** * Includes emotions normalization, tools to support mental health, etc.	
Support in complex situations * Includes sexuality, criminality, addictions, etc.	**Respite**	

Conclusion

Findings from this study will guide the co-development process to create a tailored program that effectively addresses those needs.

References

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