

Virginia  
Commonwealth  
University  
Medical Center  
Department of Physical Medicine  
and Rehabilitation

# The National Resource Center for traumatic brain injury Catalog

P.O. Box 980542  
Richmond, VA 23298-0542  
Phone: (804) 828-3704  
Fax: (804) 828-2378  
Visit us on the Web at:  
[www.tbi.vcu.edu](http://www.tbi.vcu.edu)

The National Resource Center for TBI catalog is published by Virginia Commonwealth University's Department of Physical Medicine and Rehabilitation's Neuropsychology Service. Many materials in this catalog were developed as part of the Virginia TBI Model System project, funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

# TABLE OF CONTENTS

## THE PRACTICAL IDEAS SERIES

### BOOKS

First Steps Towards Recovery From Brain Injury .....	3
Getting Better (and better) After Brain Injury: A Guide for Survivors , 2nd edition.....	3
Getting Better (and better) After Brain Injury: A Guide for Families, Friends, and Caregivers .....	3
The Brain Injury Source Book: Answers to Questions Most Often Asked by Family and Survivors .....	4
The Brain Injury Work Book: A Guide to Living and Working Productively .....	4
Recovering Relationships After Brain Injury: The Essential Guide .....	4
Memory Matters: Strategies for Managing Everyday Memory Problems .....	5

### THE HELP YOU NEED GUIDES

For Survivors.....	5
For Family and Friends .....	5

## ASSESSMENT AND INTERVENTION TOOLS

The Brain Injury Handbook: A Guide for Rehabilitation Providers .....	6
Enhancing Recovery after Brain Injury: A Ready Reference Guide .....	6
The Behavior Management Handbook: A Practical Approach to Patients with Neurological Disorders .....	6
Judgment and Safety Screening Inventory.....	7
First Steps Intervention (FSI) Kit .....	7
Resilience and Adjustment Intervention (RAI) Kit.....	8

## MATERIALS FOR WORKING WITH FAMILIES

Brain Injury Family Intervention Kit .....	9
Therapeutic Couples Intervention Kit .....	10
Family Needs Questionnaire .....	11

## MATERIALS FOR WORKING WITH CHILDREN

For Kids Only: A Guide to Brain Injury.....	12
Pook the Hamster Wants to Know What's Wrong with Ben and Lucy's Dad .....	12

## AUDIO BOOKS AND ORDER FAQ..... 13

*Contact us for bulk pricing (over 50 of the same item)*

The mission of the National Resource Center for Traumatic Brain Injury is to provide relevant, practical information for professionals, persons with brain injury, and family members. Many of our products were developed by nationally recognized experts. We have more than 20 years experience investigating the special needs and problems of people with brain injury and their families as well as developing intervention programs and assessment tools.

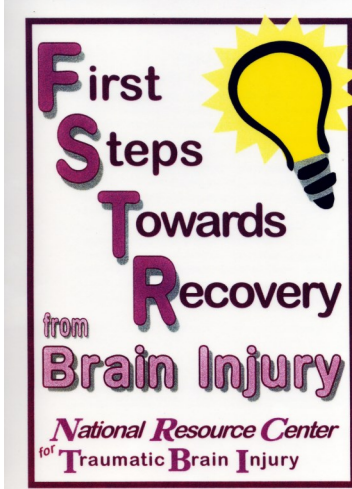
For more information, including answers to frequently asked questions,

visit our web site at: [www.tbi.vcu.edu](http://www.tbi.vcu.edu)

**Catalog Release Date: January 2020**

**We stand behind the quality of our products. Your satisfaction with any product in this catalogue is guaranteed or your money will be refunded (minus a \$5.00 processing fee).**

## First Steps Towards Recovery From Brain Injury



In the earliest stages of recovery, survivors and family members are often bewildered. Serving as a fundamental curriculum, this easy-to-read book presents 10 “lessons” addressing their many concerns. *First Steps Towards Recovery* provides practical strategies for compensating and adjusting to common difficulties. Clinicians can use this curriculum to effectively educate patients and caregivers about orientation, attention, memory, sleep, behavioral, emotional, and self-confidence problems. This book also provides self-assessment tools and skill building exercises. Designed for inpatient rehabilitation settings, the curriculum can be implemented in an individual or group format. This 69-page, illustrated book has been recommended as a “must read” by professionals and survivors.

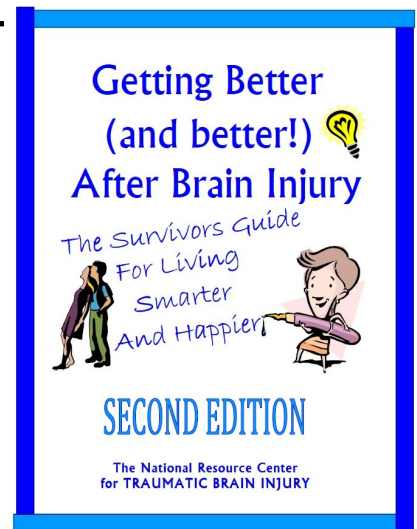
**Item: STEPS1 Price: \$22**

## Getting Better (and Better!) After Brain Injury: The Survivor's Guide for Living Smarter and Happier Second Edition

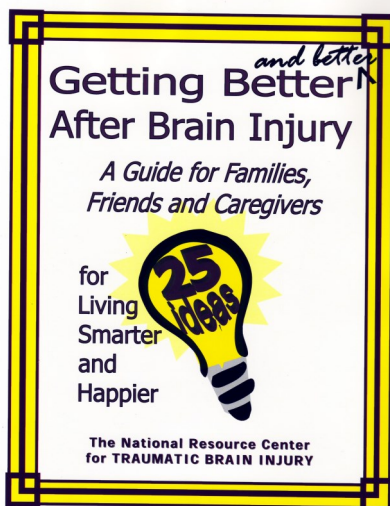
Life after brain injury is often a tremendous adjustment. For ten years, our "Guide for Survivors" has provided a practical, easy-to-read resource to address day-to-day issues faced by many people with brain injury.

That's why we're so excited to introduce the Second Edition, expanded and revised to cover even more topics of interest to individuals after brain injury. With 11 new chapters and almost double the length of the original guide, the Second Edition is our definitive offering for those in recovery. Topics include:

- ♦ If I look so good, why do I feel so bad?
- ♦ Learning to respect new limits
- ♦ Managing anger successfully
- ♦ Extending the natural recovery process
- ♦ Differences between physical and emotional recovery



**Book: GUIDE#1 Price: \$20**  
**Audio CD: AB-1 Price: \$16**  
**Book & CD: GAB1 Price: \$28**

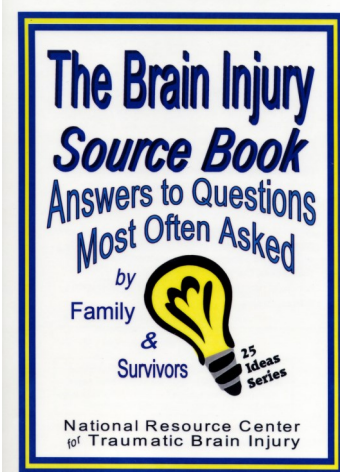


## Getting Better (and Better!) After Brain Injury: A Guide For Family, Friends, & Caregivers

Life after brain injury can be challenging, not just for the survivor, but also for those who know and love them. This 187-page, illustrated, down-to-earth guide is packed with practical ideas to help those who want to help - family members, friends, and others - but are not sure how. Sample “ideas” in this volume include:

- ♦ People are most helpful when you tell them how
- ♦ You may not always succeed but you can try
- ♦ After injury the rules change completely
- ♦ Family members can help too much
- ♦ Not everything will work for everyone

**Item: GUIDE#2 Price: \$20**



**Item: GUIDE#3**  
**Price: \$32**

## The Brain Injury Source Book

### *Answers to Questions Most Often Asked By Families & Survivors*

Inside this 227-page illustrated resource book are answers provided by experts to a wide range of questions often posed by brain injury survivors and their families. Factual information is provided on a broad range of early acute and long-term issues. Compiled for ease of use, this volume will surely become an important reference in your library. Topics include:

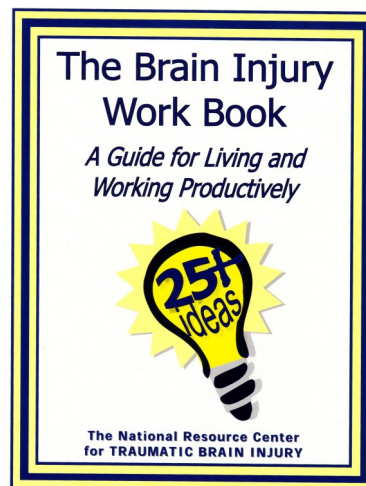
- ◆ Causes and statistics
- ◆ Balance
- ◆ Sensory changes
- ◆ Seizures
- ◆ Behavior/emotional problems
- ◆ Musculoskeletal symptoms
- ◆ Speech/language issues
- ◆ Alcohol & drug use
- ◆ Coma & Vegetative State
- ◆ Returning to school
- ◆ Family issues
- ◆ Legal concerns
- ◆ Independent living
- ◆ Insurance & financial considerations
- ◆ Cognitive difficulties
- ◆ Medication issues
- ◆ Pediatric rehabilitation
- ◆ Resources for survivors and their families
- ◆ Return to work issues

## The Brain Injury Work Book

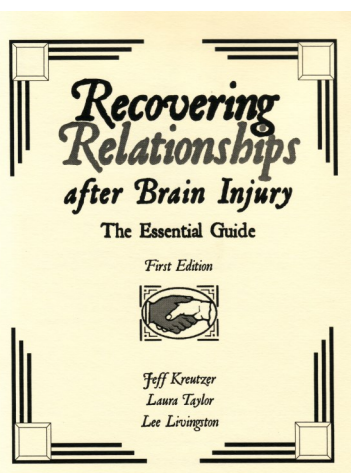
### *A Guide to Living & Working Productively*

After a brain injury, people often don't know whether they will be able to work or what else they can do. This practical guide can help people sort through the options of going back to the same job, finding a new job, or not going back to work. This 156-page illustrated down-to-earth book contains checklists, worksheets, and many ideas offered by people who have learned to live and work productively after brain injury. Sample "ideas" in this volume include:

- ◆ How to decide whether to keep your old job
- ◆ Deciding whether you can afford to work
- ◆ If you can't work, figuring out what you *can* do
- ◆ What kinds of services are out there
- ◆ What you should tell people who ask you about going back to work



**Item: GUIDE#4 Price: \$20**



## Recovering Relationships after Brain Injury:

### *The Essential Guide*

Loss of good relationships may be one of the greatest casualties of traumatic brain injury. Many survivors describe feeling lonely and misunderstood. Old friends often disappear and family members may seem distant or unsupportive.

This essential 35-page guide helps survivors and family members understand how brain injury changes roles, relationships, emotions, and communication. Relationships with friends, family members, co-workers, and acquaintances are covered. Readers learn how to improve old relationships, develop new relationships, and feel better about life through discussion of the following topics:

- ◆ What happens to relationships after brain injury
- ◆ How positive relationships help recovery
- ◆ Steps you can take to avoid feeling misunderstood
- ◆ Fundamentals of good communication
- ◆ How to be positive and show your good side
- ◆ Reaching out to others safely
- ◆ Feeling alone and overcoming loneliness
- ◆ How to avoid doing things that might harm relationships
- ◆ How and where to meet new friends
- ◆ Dating secrets: do's, and don'ts

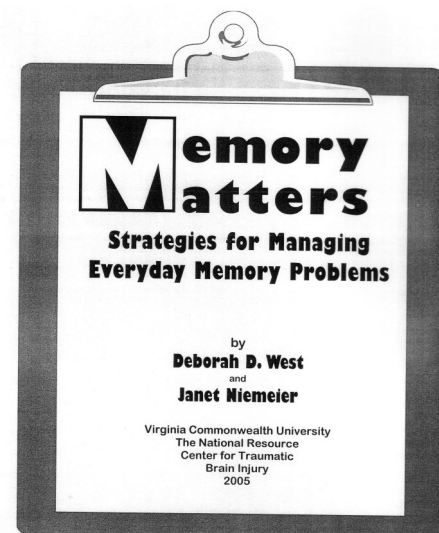
**Book: RRBI Price: \$16**  
**Audio CD: AB-2 Price: \$12**  
**Book & CD: RAB2 Price: \$22**



## Memory Matters: Strategies for Managing Everyday Memory Problems

Memory problems are very common after brain injury. Trouble with learning and remembering information often leads to frustration as people struggle to perform everyday tasks. *Memory Matters* describes familiar problem situations and identifies steps the reader can take to manage the problem. Detailed strategies are described for problems such as:

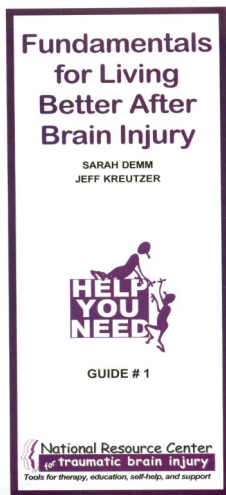
- ♦ Losing your keys
- ♦ Forgetting to pay bills
- ♦ Remembering to take medication
- ♦ Losing track of time
- ♦ Losing track of checks or money
- ♦ Forgetting what you're looking for



This 40-page book includes a self-assessment inventory to help readers identify their most frequent problems. An interactive approach helps guide the reader to put strategies into action.

<b>Book: MM</b>	<b>Price: \$16</b>
<b>Audio CD: AB-3</b>	<b>Price: \$12</b>
<b>Book &amp; CD: MAB3</b>	<b>Price: \$22</b>

## Help You Need Guides For Survivors



*Help You Need* is a series of guides that help people recognize, understand, and overcome common challenges after brain injury. Each guide provides background information to help people recognize the challenges they face. The *Help You Need* guides emphasize practical problem-solving approaches, encouraging people to rely on themselves, develop support systems, and use community resources. Information is also provided on how to avoid common mistakes that can make things worse. *The Help You Need Guides for Survivors* series includes:

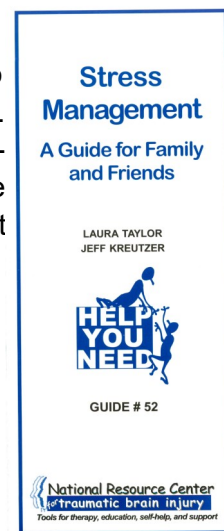
- HYN-1 — Fundamentals for Living Better after Brain Injury**
- HYN-2 — Coping Effectively with Loss and Change**
- HYN-3 — Effective Stress Management**
- HYN-4 — Effective Anger Management**
- HYN-5 — Alcohol and Drug use after Brain Injury**
- HYN-6 — Building Relationships & Overcoming Loneliness**
- HYN-7 — What to Tell People About Your Injury**

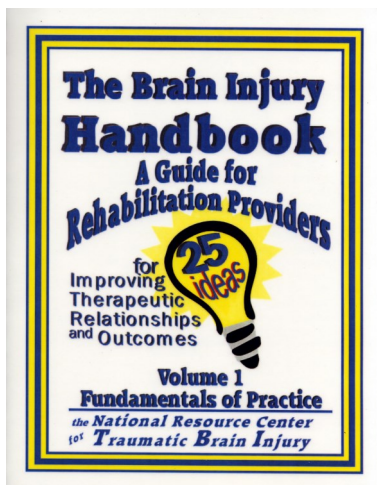
## Help You Need Guides For Families & Friends

In recognition that brain injury presents challenges not only to the patient, but also to family members and friends, a companion series of *Help You Need* guides was developed. As with the Survivor series, each guide provides background information to help people recognize the challenges they face and emphasizes practical problem solving approaches. The guides also offer ideas that family members and friends can use to help themselves surmount those challenges:

- HYN-51 — Alcohol & Drug Use: Helping Your Loved One Get Help**
- HYN-52 — Stress Management: A Guide for Family & Friends**
- HYN-53 — Neurological Illness & Anger: Helping Patients Control Their Emotions**
- HYN-54 — Coping Effectively with Loss or Change after Neurological Illness or Injury**

<b>Item:</b> specify HYN item number as above <b>Price:</b> \$2 each
--





## The Brain Injury Handbook

### *A Guide for Rehabilitation Providers for Improving Therapeutic Relationships and Outcomes*

Therapists will appreciate the insights offered for helping survivors of traumatic brain injury. Backed by years of direct experience, this 120-page illustrated text is packed with helpful suggestions. Sample topics include:

- ▶ Know your values and the principles that guide your practice
- ▶ Nobody is perfect-- recognize your limitations
- ▶ You can't find a fever without a thermometer
- ▶ How not to lose in no-win situations
- ▶ Take your temperature often

Item: GUIDE#5 Price: \$22

## Enhancing Recovery after Brain Injury:

### *A Ready Reference Guide*

Identifying services, interventions, and organizational and compensatory strategies is critical to helping maximize recovery and enhance quality of life after brain injury. Culled from years of outpatient experience, this book contains a host of detailed suggestions for intervention, addressing a diversity of problems including:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>▶ Cognitive impairments</li> <li>▶ Behavioral and emotional disturbances</li> <li>▶ Personal and household safety; driving</li> <li>▶ Return to work</li> </ul> | <ul style="list-style-type: none"> <li>▶ Medication management</li> <li>▶ Interpersonal relations</li> <li>▶ Communication</li> <li>▶ Return to school</li> </ul> |
|--|---|



Intervention strategies appropriate for all age groups, from school age to senior citizen, are included. Containing hundreds of recommendations alphabetized and indexed for ease of use, this 89-page reference tool is one rehabilitation practitioners will surely consult time and again. As a bonus, a CD ROM is included, allowing professionals to easily integrate recommended strategies into reports, charts, correspondence, etc. A convenient hyper-linked index to each problem area is provided.

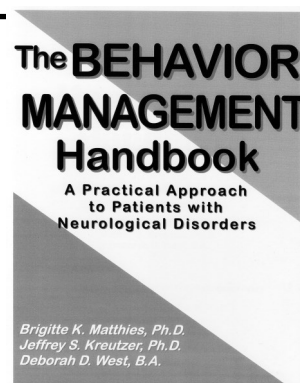
Item: ERA Price: \$65

## The Behavior Management Handbook:

### *A Practical Approach to Patients with Neurological Disorders*

With numerous case examples, this 152-page handbook details practical techniques for addressing the challenging behaviors often seen in patients with neurological dysfunction. Interventions are relevant to patients with stroke, brain injury, cancer, spinal cord injury, mental retardation, and neurological disorders and diseases (such as Parkinson's disease, Alzheimer's, meningitis, and encephalitis). This resource provides -

- ▶ sample treatment goals for over 30 behavioral problems
- ▶ descriptions of "common mistakes" made by professionals that inadvertently worsen behavioral problems
- ▶ examples and clear descriptions of commonly encountered behavioral problems, including verbal and physical aggression, sexually disinhibited behavior, and failure to participate in therapy
- ▶ descriptions of a full range of behavioral management techniques with guidelines for treatment selection and implementation



Using the strategies in *The Behavior Management Handbook* will -

- ▶ Improve patients' attainment of rehabilitation therapy goals
- ▶ Contribute to cost-effective treatment by using the most effective approaches
- ▶ Facilitate communication among rehabilitation staff members, enhancing interdisciplinary teamwork
- ▶ Foster morale by improving staff confidence when managing difficult behaviors
- ▶ Enhance patient involvement in all aspects of treatment planning and implementation

Item: BMH Price: \$75

## Judgment And Safety Screening Inventory (JASSI)



**"He still has his license, and I'm worried he's going to wreck."**

**"She forgets to pay bills and is always losing her wallet."**

**"He almost cut his finger off with a saw yesterday."**

**"She leaves the stove on all the time."**

**"He wanders all the time, and I have to watch him constantly."**

Caregivers of persons with brain injury, stroke, Alzheimer's, and other neurologic disorders often worry about safety and danger inside and outside the home. The JASSI was developed to identify, describe, and communicate concerns that may not be obvious to professionals or others. The JASSI has also been helpful in documenting disability.

Designed to be comprehensive, the JASSI items are organized into nine categories - Travel, Financial, Appliances and Tools, Interpersonal, Medication and Alcohol, Food and Kitchen, Household, Fire Safety, and Firearms. Respondents are asked to rate each item on a 4-point scale indicating their level of concern, ranging from "none" to "very much." The JASSI is easily completed in 10 - 15 minutes using interview or self-report formats. Separate versions allow for completion by the patient and family member or other informant.

By identifying areas of greatest concern, clinicians and family members can help maintain the safety of patients, family members, and others. The JASSI is offered as a complete kit, which includes a manual, response card, and forms. The manual provides information about administration, scoring, interpretation, precautions, and recommendations to improve safety.

<b>Item:</b> J01 (Introductory Kit with 5 sets of forms)	<b>Price:</b> \$50
<b>Item:</b> J02 (Introductory Kit with 20 sets of forms)	<b>Price:</b> \$68
<b>Item:</b> J03 (25 additional sets of forms)	<b>Price:</b> \$25

## First Steps Intervention Kit



Designed for use by rehabilitation professionals, First Steps Intervention (FSI) is a cognitive and neurobehavioral treatment program complementing the book, *First Steps Toward Recovery From Brain Injury* (see pg. 5). FSI was designed for use in the early stages of recovery after brain injury and other neurological disorders. Common difficulties addressed include:

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> confusion              | <input checked="" type="checkbox"/> disorientation  |
| <input checked="" type="checkbox"/> concentration problems | <input checked="" type="checkbox"/> memory deficits |
| <input checked="" type="checkbox"/> distress               | <input checked="" type="checkbox"/> anger control   |
| <input checked="" type="checkbox"/> sleep problems         | <input checked="" type="checkbox"/> fatigue         |

The program teaches self-coaching and paves the way to community re-integration for patients and their families. The FSI Kit contains a specialized set of materials for implementing the program including:

- ▶ Intervention *manual* describing treatment rationale and background, efficacy research, detailed treatment implementation procedures, and strategies for addressing problem behaviors arising during treatment
- ▶ One copy of the book, *First Steps Toward Recovery From Brain Injury*
- ▶ Handouts, displays, and surveys to facilitate learning during treatment sessions
- ▶ List of recommended readings

<b>Item:</b> FSI Kit	<b>Price:</b> \$105
----------------------	---------------------

## Resilience and Adjustment Intervention (RAI) Kit

Brain Injury clinicians have a limited number of tools to assist survivors in finding a meaningful life after injury. Rehabilitation work is too often focused on skills that have been lost, leaving many survivors feeling as if they will never be a “whole person.”

The NRC for TBI is offering the first comprehensive kit to help professionals focus rehabilitation efforts on skill-building while developing an optimistic outlook during recovery. The materials in the Resilience and Adjustment can be readily utilized or adapted for your clinical practice. Based on resilience theory and research, the kit provides a structured approach, enabling survivors to:



- ▶ Understand the physical and emotional effects of brain injury
- ▶ Adopt an active engagement in recovery
- ▶ Set reasonable and achievable goals
- ▶ Learn strategies for solving problems effectively after injury
- ▶ More effectively manage stress, anger, and other intense emotions
- ▶ Use new communication tools to rebuild relationships
- ▶ Assume and maintain a positive, hopeful outlook

The *Resilience and Adjustment Intervention Kit* contains the following materials:

- ⇒ Intervention manual including: treatment rationale and development, step-by-step intervention implementation instructions, information on injury-related treatment accommodations, worksheets and self-assessments promoting resilience, and tools to measure efficacy in-session and in real-time.
- ⇒ Two copies of the NRC book, *Getting Better and Better After Brain Injury: The Survivor's Guide for Living Smarter and Happier, 2<sup>nd</sup> Ed.* (see Catalog p. 3).
- ⇒ Help You Need (HYN) Guides (10 copies each, see Catalog p.5) – Supplemental tri-fold handouts for survivors allow clinicians to cover a majority of the topics survivors struggle with after injury. HYN Guides directly related to RAI topics are listed below in bold. Additional HYN guides listed are included in order to help clinicians address a wider breadth of topics with survivors:
  - **Effective Stress Management**
  - **Effective Anger Management**
  - **Building Relationships and Overcoming Loneliness**
  - **Fundamentals for Living Better After Brain Injury**
  - **Coping Effectively with Loss and Change**
  - **Alcohol and Drug Use After Brain Injury**
  - **What to Tell People About Your Injury**

<b>Item:</b> RAI KIT	<b>Price:</b> \$295
<b>Item:</b> RAI MANUAL	<b>Price:</b> \$115

- ⇒ Worksheets & Handouts to facilitate in-session discussion and reflection

**Important note:** The RAI is designed specifically for use by clinicians and other professionals who are licensed or otherwise specifically qualified and trained in providing psychotherapy. For more information about the Resilience and Adjustment Intervention, go to [www.tbi.vcu.edu/interventions/RAI](http://www.tbi.vcu.edu/interventions/RAI).





## Brain Injury Family Intervention Kit

Rehabilitation professionals and support group leaders often struggle to meet the needs of family members before and after hospital discharge. The NRC for TBI developed this unique kit containing all the materials needed to start and maintain effective family support and education programs. Whether you're a psychotherapist, counselor, social worker, or support group leader, the Brain Injury Family Intervention can be easily adapted for your practice and helps family members:

- ▶ better understand the common consequences of brain injury
- ▶ better understand how brain injury affects each family member
- ▶ solve problems more effectively
- ▶ better distinguish between emotional and physical recovery
- ▶ learn to better manage stress
- ▶ learn to appreciate the idea that recovery takes time
- ▶ better cope with loss and change
- ▶ learn to develop reasonable goals
- ▶ learn to better manage intense emotions
- ▶ learn strategies to extend the natural recovery process

The *Brain Injury Family Intervention Kit* contains the following materials:

- ▶ Intervention manual describing treatment rationale and background; detailed treatment implementation procedures; accommodations for injury-related difficulties; and guidelines for covering additional topics relating to brain injury.
- ▶ Two copies of the book, *Getting Better and Better after Brain Injury: A Guide for Families, Friends, and Caregivers* (see catalog p. 3)
- ▶ Help You Need Guides (10 copies of each, see Catalog p. 5):
  - ◆ *Coping with Loss and Change (survivor and family versions)*
  - ◆ *Effective Stress Management (survivor and family versions)*
  - ◆ *Effective Anger Management (survivor and family versions)*
  - ◆ *Fundamentals of Getting Better after Brain Injury*
  - ◆ *Building Relationships & Overcoming Loneliness*
- ▶ Handouts and surveys to facilitate in-session discussion

<b>Item:</b> BIFI KIT	<b>Price:</b> \$325
<b>Item:</b> BIFI MANUAL	<b>Price:</b> \$155

**Important note:** The BIFI is designed specifically for use by clinicians and other professionals who are licensed or otherwise specifically qualified and trained in providing family therapy. For more about the Brain Injury Family Intervention? Go to [www.tbi.vcu.edu/interventions/BIFI](http://www.tbi.vcu.edu/interventions/BIFI) for information about how we developed it and how it has served our patients.

# Therapeutic Couples Intervention Kit

Couples face formidable challenges when one partner has been affected by traumatic brain injury. However, until recently there were no evidenced-based programs designed to specifically address declines in marital quality associated with TBI. Fortunately, the Therapeutic Couples Intervention (TCI) Kit, now available through the NRC, fills this gap in resources.

Informed by more than 20-years of clinical experience, the TCI provides clinicians with a manualized couples' therapy program based on psychoeducation, skill building, and psychological support. The protocol is organized around five, 90 to 120 minute therapeutic sessions targeting core relationship topics. A sixth optional session addresses parenting challenges for couples with children.

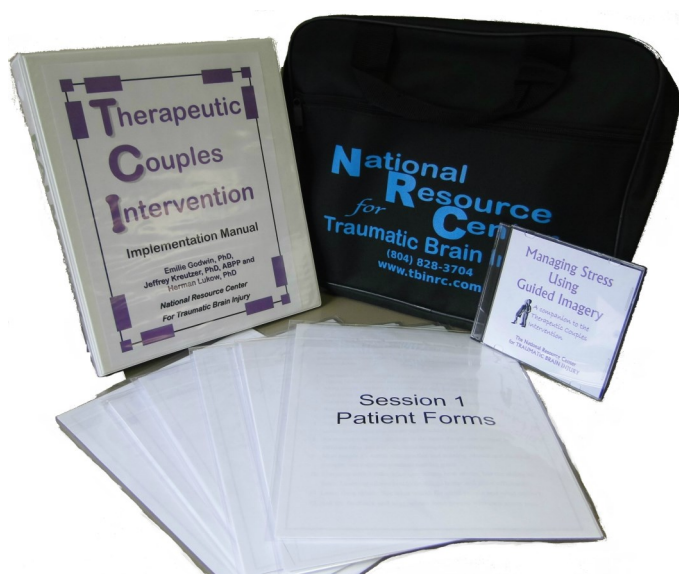
Session topics help couples to:

- ▶ Better understand the effects of injury on their relationship
- ▶ Improve communication and stress management skills
- ▶ Set reasonable goals and solve problems better
- ▶ Rebuild emotional and physical intimacy
- ▶ Focus on gains and formulating a plan moving forward
- ▶ Identify and develop plans for overcoming new parenting challenges (optional)

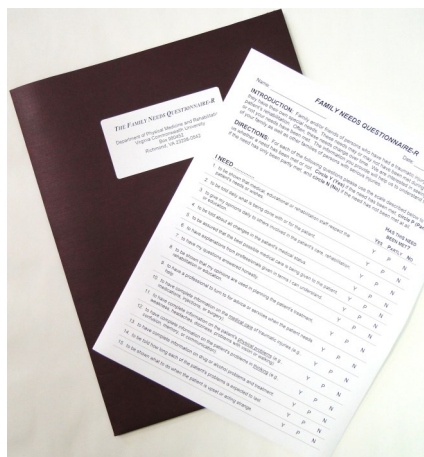
The *Therapeutic Couples Intervention Kit* contains the following materials:

- ▶ An intervention manual containing: treatment rationale and development, step-by-step intervention implementation instructions, and real-time tools to measure in-session efficacy.
- ▶ Worksheets and self-assessments used for supporting in-session and between-session discussions and reflection.
- ▶ A CD to facilitate stress-reduction exercises.

<b>Item:</b> TCI KIT	<b>Price:</b> \$295
<b>Item:</b> TCI MANUAL	<b>Price:</b> \$115



**Important note:** The TCI is designed specifically for use by clinicians and other professionals who are licensed or otherwise specifically qualified and trained in providing marriage and couples therapy. For more information about the Therapeutic Couples Intervention, go to [www.tbi.vcu.edu/interventions/TCI](http://www.tbi.vcu.edu/interventions/TCI).



## The Family Needs Questionnaire-Revised (FNQ-R)

This 37-item questionnaire was developed to measure the perceived needs of family members after the brain injury, stroke, brain tumor, and other neurological disorders. Revised based on recent research, the questionnaire provides information regarding the extent to which needs are perceived as met.

The FNQ-R is useful as a clinical tool and as a research tool. Recent research has shown that the measure is sensitive to the effects of family interventions. Factor analysis revealed six scales:

- 1) Health Information
- 2) Instrumental Support
- 3) Community Support Network
- 4) Emotional Support
- 5) Professional Support
- 6) Involvement with Care

**FAMILY NEEDS QUESTIONNAIRE-R**

Name: \_\_\_\_\_ Date: \_\_\_\_-\_\_\_\_-\_\_\_\_

**INTRODUCTION:** Family and/or friends of persons who have had a traumatic injury often find they have their own special needs. These needs may or may not have been met during the patient's rehabilitation. Often, these needs change over time. We are interested in seeing whether or not your needs have been met. The information you provide will help us to understand the needs of your family as well as other families of persons with serious injuries.

**DIRECTIONS:** For each of the following questions please use the scale described below to tell us whether a need has been met or not. **Circle Y (Yes)** if the need has been met, **circle P (Partly)** if the need has only been partly met, and **circle N (No)** if the need has not been met at all.

I NEED .....	HAS THIS NEED BEEN MET?		
	Yes	PARTLY	No
1. to be shown that medical, educational or rehabilitation staff respect the patient's needs or wishes.	Y	P	N
2. to be told daily what is being done with or for the patient.	Y	P	N
3. to give my opinions daily to others involved in the patient's care, rehabilitation, or education.	Y	P	N
4. to be told about all changes in the patient's medical status.	Y	P	N
5. to be assured that the best possible medical care is being given to the patient.	Y	P	N
6. to have explanations from professionals given in terms I can understand.	Y	P	N
7. to have my questions answered honestly.	Y	P	N
8. to be shown that my opinions are used in planning the patient's treatment, rehabilitation or education.	Y	P	N
9. to have a professional to turn to for advice or services when the patient needs help.	Y	P	N
10. to have complete information on the <u>medical care</u> of traumatic injuries (e.g., medications, injections, or surgery).	Y	P	N

The **Introductory Kit** includes:

- ▶ administration and interpretation manual
- ▶ reprints of studies using the FNQ-R
- ▶ 10 questionnaires

*Additional questionnaires are available for purchase in sets of 25.*

**Sample page  
from the FNQ**

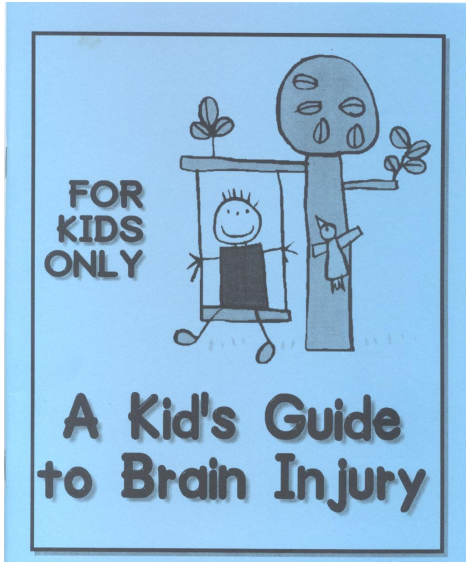
**Item:** F02 (Introductory Kit with 10 questionnaires) **Price:** \$55  
**Item:** F03 (25 questionnaires) **Price:** \$25

For more on the evaluation of the FNQ-R and its efficacy in measuring family needs, see the following references:

- Kreutzer, J.S., Marwitz, J.H., Klyce, D.W., Wilder Schaaf, K.P., Sima, A.P., Welch, A.M., & Niemeier, J.P. (2018). Family needs on an inpatient brain injury rehabilitation unit: A quantitative assessment. *Journal of Head Trauma Rehabilitation*, 33, 228-236.
- Kreutzer, J.S., Marwitz, J.H., Sima, A.P., & Godwin, E.E. (2015). Efficacy of the brain injury family intervention: Impact on family members. *Journal of Head Trauma Rehabilitation*, 30, 249-260.
- Kreutzer, J., Stejskal, T., Ketchum, J., Marwitz, J., Taylor, L., & Menzel, J. (2009). A preliminary investigation of the brain injury family intervention: Impact on family members. *Brain Injury*, 23, 535-547.
- Meade, M., Taylor, L., Kreutzer, J., Marwitz, J., & Thomas, V. (2004). A preliminary study of acute family needs after spinal cord injury: Analysis and implications. *Rehabilitation Psychology*, 49, 150-155.
- Serio, C., Kreutzer, J., & Gervasio, A. (1995). Predicting family needs after traumatic brain injury: Implications for intervention. *Journal of Head Trauma Rehabilitation*, 10(2), 32-45.
- Serio, C., Kreutzer, J., & Witol, A. (1997). Family needs after traumatic brain injury: A factor analytic study of the Family Needs Questionnaire. *Brain Injury*, 11, 1-9.

## Materials for Working With Children

Children can often be in a unique position when a family member suffers a brain injury. The parent or sibling they knew before the injury may not be the same person now - an aspect of recovery all family members may struggle with. We hope these age-appropriate educational materials will help younger members of the family in managing expectations and facilitate understanding in recovery.



### For Kids only: A Kid's Guide to Brain Injury

This heartwarming guide, compiled by clinicians experienced in working with children, offers age-appropriate explanations of what happens when a child's family member or friend sustains a traumatic brain injury. Frequently asked questions and quotations from siblings of injured children are incorporated into the text. Other highlights include information on coma; physical, cognitive, and behavioral changes; sibling relationship issues; and the role of family and friends in the recovery process. Factual information on brain injury is conveyed in a simplified style that is reassuring to young readers who face the consequences of brain injury in their own lives.

<b>Book: KIDS</b>	<b>Price: \$12</b>
<b>Audio CD: AB-4</b>	<b>Price: \$10</b>
<b>Book &amp; CD: KAB4</b>	<b>Price: \$17</b>

### Pook The Hamster Wants to Know What Happened to Ben and Lucy's Dad

Written for children and relatives of persons with brain injury, *Pook* improves the understanding of behavioral, emotional, and cognitive changes after injury. Chapters focus on depression, anxiety, memory, motivation/apathy, impulsiveness, insensitivity to social cues, problem-solving, and judgment. A major feature of the book is information for families on how to manage common behavioral, emotional, or cognitive problems. Hence, each chapter describes an injury-related problem and its management. This format allows for the book to be read as a continuous narrative, or for each chapter to stand alone. This artfully illustrated book is written in a child-friendly format and caters to a broad age range: older children (8 - 11 years) may read it independently, while younger children (3 - 7 years) may have an adult read it to them.

Pook the Hamster wants to know...  
What's wrong with Ben and Lucy's Dad



BY  
LAURA J BACH  
MA MSc CPsychol

Illustrated by Tracy Jane Butler

**Item: POOK Price: \$15**



## Audio Books (on CD): Successful Strategies for Living with TBI

For people who prefer to learn by listening or for those who struggle with reading, the National Resource Center now offers unabridged audio recordings on CD of our most widely requested books. Sold either alone or as a companion to the book of the same name, these affordable audio books provide a great opportunity to learn at your own pace about practical strategies to enhance recovery. Selections include:

### **Getting Better (and Better!) After Brain Injury:**

**The Survivor's Guide for Living Smarter and Happier, 2<sup>nd</sup> Ed.....**

[see page 3 of catalog for book description]

<b>Audio CD:</b> AB-1	<b>Price:</b> \$16
<b>Book &amp; CD:</b> GAB1	<b>Price:</b> \$28

### **Recovering Relationships after Brain Injury:**

**The Essential Guide.....**

[see page 4 of catalog for book description]

<b>Audio CD:</b> AB-2	<b>Price:</b> \$12
<b>Book &amp; CD:</b> RAB2	<b>Price:</b> \$22

### **Memory Matters:**

**Strategies for Managing Everyday Memory Problems.....**

[see page 5 of catalog for book description]

<b>Audio CD:</b> AB-3	<b>Price:</b> \$12
<b>Book &amp; CD:</b> MAB3	<b>Price:</b> \$22

### **For Kids Only:**

**A guide to Brain Injury.....**

[see page 12 of catalog for book description]

<b>Audio CD:</b> AB-4	<b>Price:</b> \$10
<b>Book &amp; CD:</b> KAB4	<b>Price:</b> \$17

## Order FAQ

To complete an order, please select from the following options:

### **Online:**

[www.pubapps.vcu.edu/ipay/TBI/Home.aspx](http://www.pubapps.vcu.edu/ipay/TBI/Home.aspx)

**International Orders:** If you are placing an order from outside the US, please contact us at [Laura.Albert@vcuhealth.org](mailto:Laura.Albert@vcuhealth.org) so we can help calculate shipping and handling charges.