

## **Future Planning After Brain Injury: A Guide for Family Caregivers**

Brain injury can lead to profound changes for individuals and their families. It is often the love and support of family caregivers that provide the structure, safety, and resources to manage the associated day-to-day challenges. It is critical that family caregivers and individuals with brain injury plan for future needs. As the person with brain injury ages, so do their family-member caregivers. What happens when the family caregiver is no longer able to provide this care? According to a recent national survey, more than 50% of family caregivers have not planned for how to continue their loved one's care in the future.

[Future Planning After Brain Injury: A Guide for Family Caregivers](#) can help you, as a family caregiver, to prepare for the best future possible. Show that you care by planning ahead.