

Table 2. TBI Veterans’ Needs and Concerns, Strategies and Advice

Needs and Concerns	Strategies and Advice
<p><u>Cognitive Impairment</u></p> <p>Memory</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help remembering what I am supposed to do at work, remembering my appointments, paying my bills <input type="checkbox"/> I need help to remember my passwords <input type="checkbox"/> I need help recalling memories, words, and names <input type="checkbox"/> I need help finding/organizing things, like cash, keys, cell phone <p>Concentration</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help focusing on tasks and listening without being distracted <input type="checkbox"/> I need help studying/reading <p>Executive Functioning</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help with monetary recognition and comprehension <input type="checkbox"/> I need help understanding what other people are asking or saying 	<p><u>Cognitive Impairment</u></p> <p>Memory</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make lists; get a notebook and pen; memory book; write down everything important <input type="checkbox"/> Use electronics, VA phone (PDA) for appointments; alarm goes off 1-2 hours before appointment <input type="checkbox"/> Keep passwords simple, write them down <input type="checkbox"/> Family/friends are there when you forget; help you with childhood memories <input type="checkbox"/> Re-upload long-term memory through pictures, talking with siblings and relatives <input type="checkbox"/> Visual prompts, gather things ahead of time or set out things to remind to use (i.e., deodorant) <input type="checkbox"/> My parents give me a certain amount of time to remember things; they will call me <input type="checkbox"/> Speech-Language Therapy: word association repetition of sentences, rhymes; re-programming brain different neural pathways <p>Concentration±</p> <p>Executive Functioning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not use cash <input type="checkbox"/> Speech-Language Therapy, organizational skills (i.e., telling the therapist how to put the blocks back together) <input type="checkbox"/> I asked others to break it down to where I understand
<p><u>Symptoms</u></p> <p>Headaches</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help managing my headaches symptoms and medications <input type="checkbox"/> I need help functioning with my headaches <input type="checkbox"/> I need help managing my musculoskeletal symptoms <p>Fatigue/Insomnia</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help managing my sleep difficulties <input type="checkbox"/> I need help managing my fatigue <input type="checkbox"/> I need help finding energy to work, play with my kids <p>Tinnitus</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help managing my ringing in the ears, high-pitched sounds 	<p><u>Symptoms</u></p> <p>Headaches</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a nap, lie down, and do not get out of bed <input type="checkbox"/> Wear clip-on sunglasses at work <input type="checkbox"/> Take medications from the VA when really bad, mellows me out <input type="checkbox"/> Helps being in the dark <p>Fatigue/Insomnia</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a nap when I get home <p>Tinnitus</p> <ul style="list-style-type: none"> <input type="checkbox"/> Information (pamphlet) on how to deal with <input type="checkbox"/> Background noises help, like television and music <input type="checkbox"/> Stay out of loud environment

<p><u>Emotions and Behaviors</u></p> <p>Anger</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help managing my anger <input type="checkbox"/> I need help with patience with my family <input type="checkbox"/> I need help finding a job <input type="checkbox"/> I need help coping with physical limitations <input type="checkbox"/> I need help getting into the VA for care <p>Fear (uncertainty)</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am worried about long-term effects <input type="checkbox"/> My ability to go back to school <p>Depression (sadness)</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am sad about my loss of memory, my injuries. <input type="checkbox"/> I am sad about my lost dreams <input type="checkbox"/> I am depressed, lack interest 	<p><u>Emotions and Behaviors</u></p> <p>Anger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Silent method <input type="checkbox"/> Separation, do my own thing <input type="checkbox"/> Exercise <input type="checkbox"/> Do not go drinking <input type="checkbox"/> I share/talk to family members; family/friends help “package the whole thing” <input type="checkbox"/> Go to counseling to talk <input type="checkbox"/> Psychiatrist prescribed me some pills that have helped with anger-related problems <input type="checkbox"/> Be patient; take it slow <input type="checkbox"/> I tell myself, do not get upset <input type="checkbox"/> Get a number for the VA and call; at the VA, everybody wants to help/support. To figure out that has happened to you, why you are the way you are now. The VA is family-oriented <p>Fear (uncertainty)±</p> <p>Depression (sadness)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tell them not to settle <input type="checkbox"/> Take medication for depression <input type="checkbox"/> I try to keep a smile on my face because it’s helping other soldiers
<p><u>Instrumental (Activities of Daily Living)</u></p> <p>Employment</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help finding employment with my experience/the economy <input type="checkbox"/> I need help to improve my work performance and my qualifications. I need vocational services <p>School</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help with my concentration for school. <p>Finances</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need financial help. VA disability benefits are not enough. <input type="checkbox"/> I needed help applying for VA disability. <p>Hobbies</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help to increase my leisure/social activities. 	<p><u>Instrumental (Activities of Daily Living)</u></p> <p>Employment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use notes, constantly write down; prepare notes for work the night before; use a notebook; cheat sheets <input type="checkbox"/> We all talk, what need to do <input type="checkbox"/> My guys (employees) are sworn to refresh my memory <input type="checkbox"/> I have just been rated 70% disabled with the VA so I will get job placement assistance <p>School±</p> <p>Finances±</p> <p>Hobbies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work on motorcycles/cars <input type="checkbox"/> Remodeling old house; refinishing old dressers <input type="checkbox"/> Love to work outside; landscaping

<p><u>Interpersonal Interactions</u></p> <p>Communication</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need to talk to someone who knows what I have been through. <input type="checkbox"/> I need others to understand how my brain injury has affected me. 	<p><u>Interpersonal Interactions</u></p> <p>Communication±</p>
<p>Relationships</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need to spend time with buddies from my unit. <input type="checkbox"/> I do not spend time with my friends like I did before I was deployed. <input type="checkbox"/> I do not feel close to my spouse and/or kids. 	<p>Relationships±</p>
<p>Support</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help accessing resources in the community, e. g., Veteran organization representatives. <input type="checkbox"/> I need help understanding and filing for service-connected benefits. 	<p>Support±</p>
<p><u>Community Re-integration</u></p> <p>Return to combat unit</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help to dealing with feelings that I want to go back into the service to my unit <input type="checkbox"/> I need help with social reintegration <p>Adaptation to Society</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help adapting, transitioning; help finding resources to assist me <input type="checkbox"/> I need help accepting what has happened <input type="checkbox"/> I need recognition of my military service <input type="checkbox"/> I need structure in my daily life <p>Expectation of Others</p> <ul style="list-style-type: none"> <input type="checkbox"/> I need help dealing with family/others' expectations of me 	<p><u>Community Re-integration</u></p> <p>Return to Iraq</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a little time, take a breather <input type="checkbox"/> Get back in, back to normal again <p>Adaptation to Society</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be patient <input type="checkbox"/> Just go through the steps, one step at a time <input type="checkbox"/> Accept the fact, it did not choose you, you chose it <input type="checkbox"/> God has a plan; everything happens for a reason <input type="checkbox"/> Need structure when return home <p>Expectation of Others</p> <ul style="list-style-type: none"> <input type="checkbox"/> Don't start off where you have been <input type="checkbox"/> Do the best you can <input type="checkbox"/> Explain to family to increase their understanding

± Strategies nor advice identified by Veterans with mTBI