

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

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

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

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

± Strategies nor advice identified by Veterans with mTBI