



# VeteranCaregiver.com Video Resource

## Recommended Resources: PTSD & TBI Share Symptoms

Definition	PTSD (Post-Traumatic Stress Disorder) and TBI (Traumatic Brain Injury) may share symptoms which can be very confusing for the caregiver if both conditions are not diagnosed or is untreated. Remember that the onset of either condition can be delayed, and knowledge of both conditions is helpful.
PTSD Symptoms	These vary for each individual, but may include hypervigilance, agitation, insomnia, night terrors, daytime flashbacks, behavioral or mood changes, communication may become silence, or there may be increased aggression and lack of verbal filters. Relationships can turn upside down, or falter badly. Sometimes there is elective isolation, and there are often triggers: crowds, unexpected actions, car backfire/fireworks, or even words. See PTSD Resource List.
TBI Symptoms	<p><a href="http://dvbic.dcoe.mil/about/tbi-military">dvbic.dcoe.mil/about/tbi-military</a>. Defense &amp; Veteran Brain Injury Center provides information on symptoms and what to expect as a caregiver or family member. <i>Overlapping symptoms include mood and sleep changes, headaches, fatigue, anger, frustration, and relationship changes. When in doubt, seek help.</i></p> <p><a href="http://www.brainlinemilitary.org/content/2013/03/tbi-and-ptsd-navigating-the-perfect-storm_pageall.html">http://www.brainlinemilitary.org/content/2013/03/tbi-and-ptsd-navigating-the-perfect-storm_pageall.html</a>.</p> <p>Information about TBI co-present with PTSD. Brainline.org also has PDF Fact sheets on TBI and PTSD.</p> <p><a href="http://www.brainline.org/multimedia/video/transcripts/Battlemind_MTBI_PTSD.pdf">http://www.brainline.org/multimedia/video/transcripts/Battlemind_MTBI_PTSD.pdf</a> Corresponding video link: <a href="http://www.brainline.org/content/multimedia.php?id=2893">http://www.brainline.org/content/multimedia.php?id=2893</a></p>
Help & Treatment	Many treatments are effective, but there is no “one size fits all”, and care should be taken to find a treatment plan that the veteran will stick with until improvement is made. Often a friend or battle buddy will encourage a fellow vet to seek help. Avoid letting anxiety and depression isolate the vet or your family. Seek help and always be mindful of personal safety for all.