



**BRAIN INJURY  
ASSOCIATION**

OF AMERICA - MAINE

# Caregiving After Brain Injury

A SPECIAL SERIES FOR MAINE FAMILY CAREGIVERS

*BIAA-Maine is pleased to offer a webinar series designed for family caregivers. Please register for each session individually. There is no charge for registration.*

[biausa.org/maine](https://biausa.org/maine)

# Caregiving

## After Brain Injury

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## Sessions

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April 22, 2021, 3:00 p.m. ET

**Register:** <https://attendee.gotowebinar.com/register/9204204664389934094>

### Managing Stress as a Caregiver: A Mindful Approach

**Presenter: Angelle M. Sander, Ph.D.**

Family members experience many complex emotions and situations as caregivers for a loved one with a brain injury. This presentation describes how a mindful approach can be used to help manage stress and set goals for daily living that are reasonable within the limits of each unique caregiving situation.

April 27, 2021, 3:00 p.m. ET

**Register:** <https://attendee.gotowebinar.com/register/2049821041005768719>

### Aging with a Brain Injury

**Presenter: Sarah Fischer, MS, CRC, CBIS**

Aging with a brain injury presents very unique challenges. Individuals and family members often face tough decisions about long term care, medical management, and how to best preserve skills and independence. This presentation will examine these challenges, review the aging process, and identify major barriers when helping an aging family member with a brain injury.

April 29, 2021, 3:00 p.m. ET

**Register:** <https://attendee.gotowebinar.com/register/8764113040744829710>

### Understanding and Managing Behavioral Changes after Brain Injury

**Presenter: Robert Perna, Ph.D.**

Behavioral changes after brain injury can create many challenges for families. This webinar will discuss some of the common underlying cognitive issues that impact behavior; and share some strategies, tips, and resources for families to better understand and manage behavioral issues.

May 6, 2021, 3:00 p.m. ET

**Register:** <https://attendee.gotowebinar.com/register/9196572954181717774>

### Caregiver Experiences

**Presenters: Annemarie Albiston, Cheryl Marquis, and Suzanne Morneault**

Brain injury has a significant impact on both survivors and caregivers. Join three individuals who took on a caregiver role after a family member experienced a brain injury, and hear their stories about navigating school, caring for a parent, and managing a changing relationship with a spouse. Learn strategies that were successful for them, along with resources they found helpful in the community.



### Grant Support

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## Speakers

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### **Annemarie Albiston**

Annemarie Albiston was born and raised in South Portland. A former Human Resources Manager, life changed in 2005 when her father had a massive stroke; one of his challenges was Aphasia. There were limited resources for Aphasia, so Annemarie and her husband founded the Aphasia Center of Maine. Her parents moved in with them, and it was an honor to care for her father.

### **Sarah Fischer, MS, CRC, CBIS**

Sarah Fischer has been working in the rehabilitation field for 13 years, 9 of which have been specific to brain injury with NeuroRestorative Pennsylvania. In her role as Clinical Evaluator, Sarah is responsible for assisting individuals and their families through the referral and admission process as well as completing intake evaluations. She also connects with funders and potential referral sources to share information and provide education about our programs and services. She has presented on various aspects of brain injury rehabilitation at several instate conferences and two national events. Sarah holds a Master's of Science degree in Rehabilitation Counseling from the University of Pittsburgh. She is also a Certified Rehabilitation Counselor (CRC) and Certified Brain Injury Specialist (CBIS).

### **Cheryl Marquis**

Cheryl Marquis is caregiver to Larry Marquis who had a brain tumor, which was removed in 2009 and had two brain bleeds which cause a visual stroke and cerebral stroke. Larry lost part of his vision and has balance issues.

Cheryl still works fulltime for an Orthopedic & Spine Physical Therapist as office manager. They live in Turner near a small pond.

### **Suzanne Morneault**

Suzanne Morneault co-founded All Things Become New after her daughter, Mindy, suffered a life-changing concussion during her senior year of college. She will share firsthand her experience of helping Mindy finish that last year of education.

### **Robert Perna, Ph.D.**

Dr. Robert Perna is board certified pediatric and adult neuropsychologist and nurse. He has worked in acute care and post-acute settings. He has completed an NIH postdoctoral training at the University of Michigan Medical Center and Miami Heart Institute. He works for Pate Rehabilitation and previously worked for the Institute of Rehabilitation Research (TIRR) in Houston Texas.

### **Angelle M. Sander, Ph.D., FACRM**

Angelle M. Sander is Associate Professor in Physical Medicine and Rehabilitation at Baylor College of Medicine and Director of TIRR Memorial Hermann's Brain Injury Research Center. She has been Principal Investigator on federally funded studies addressing prediction and treatment of cognitive, emotional, and psychosocial problems in persons with traumatic brain injury, intimacy and sexuality after TBI, impact of TBI on caregivers, and cultural disparities in outcomes. She co-chairs the TBI Model System Special Interest Groups on Caregivers and Families and on Cultural Competency. She has won numerous awards, including the 2018 William Fields Caveness Award. Dr. Sander has over 100 peer-reviewed publications.



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