



MAKING SENSE OF THE NONSENSE:

**a narrative inquiry into the  
experiences of meaning-related  
processes of resiliency in caregivers  
of children with TBI**

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# Background: TBI

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**03:00**

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- Caregivers endure injury-related stress and burden, as well as positive returns

# Background: Resiliency

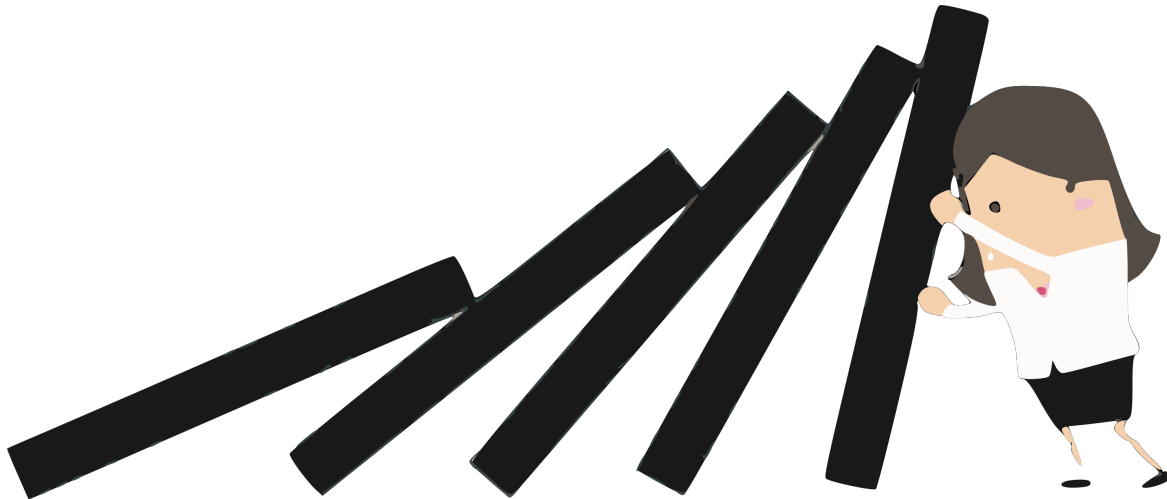
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HERE'S HOW:

# Background: Resiliency

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- **Resiliency:** A range of transactional processes by which individuals overcome adversity and adapt



# Background: Meaning Making

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- **Meaning-Making:** A set of transactional processes involved with changing perspectives, realizing positive changes, and forming new understandings



## **Research Purpose**

To holistically explore the experiences of caregivers engaging with meaning-related processes of resiliency

# Methods: Data Collection

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- In-person, semi structured interviews with broad questions





*“7 years ago if you asked us what we wanted for the future and for him, I would have answered differently. But now, I can’t even plan for him. I’m not sure if he’ll go to college or be able to finish high school. I don’t know what else I can plan for him. For us.”*

- Robin

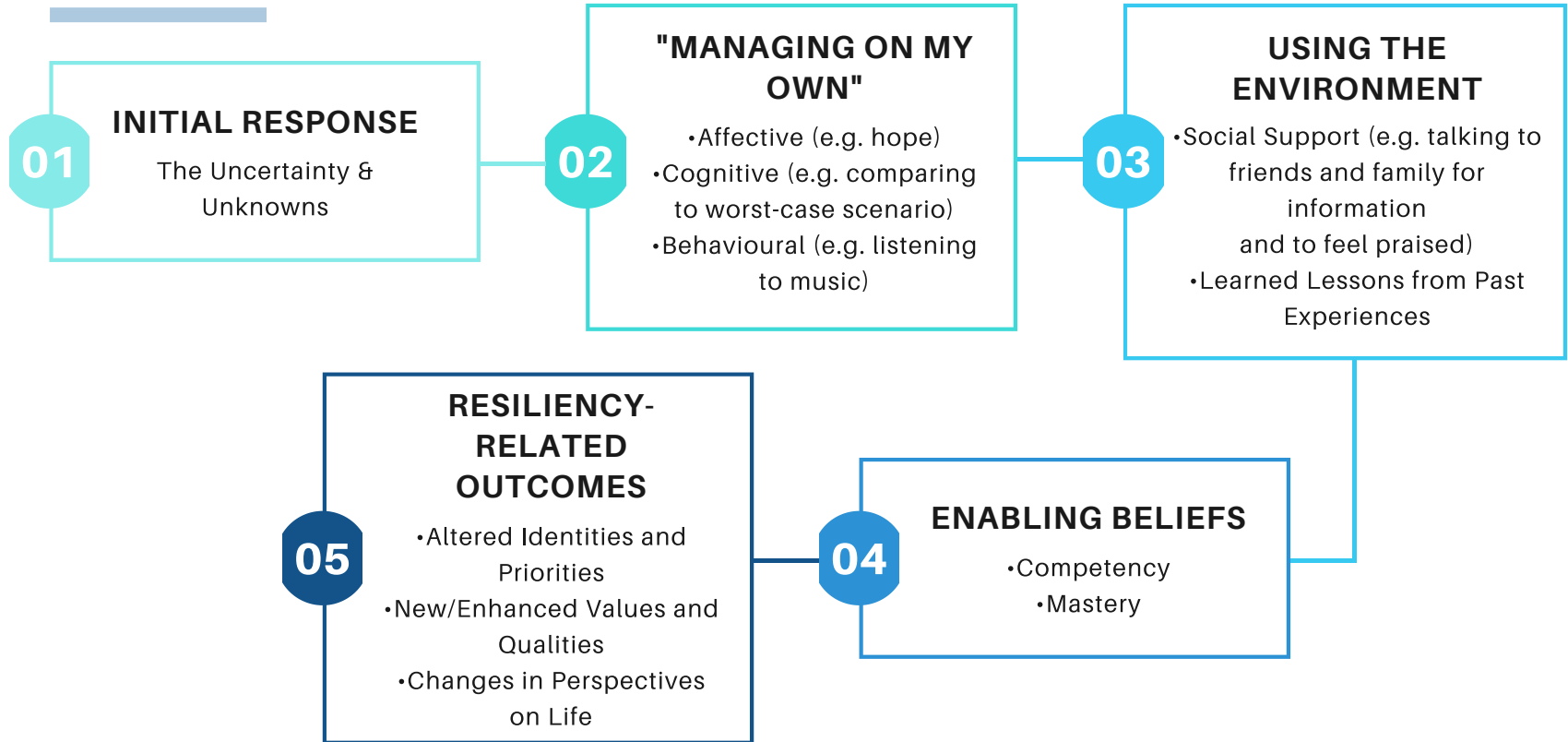
***“He fell head... straight onto his head. I mean, he should have, could have, died, or been a quadriplegic. I'm just grateful everyday that he's here. So everyday is a good day”***

- Kristen

*“I have a really good family and when we talk, they encourage me and they’re like, “you’re doing a good job, don't be so hard on yourself”, or stuff like that. I try to remember those words“*

- Robin

# Results: Participants' Stories



# Implications: So What?

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- TBI survivor and their family are the client
- Share information to minimize uncertainty
- Resiliency in rehabilitation moves away from medical model of care



# Thank you!

**Bloorview**  
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Brain Injury Society of Toronto

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education • awareness • support

# References

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# Demographic Information

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Participant Pseudonym	Age Range of Participant	Self-Identified Ethnicity	# of Kids	Current Age Range of Person with TBI	Age Range of Child when TBI was Acquired	Shared Caregiving	GCS Severity
Violet	50-59	Caucasian	4	20-24	10-15	No	Mild-Moderate
Jill	30-39	Chinese	2	5-9	0-5	No	Mild
Julianna	40-49	Caucasian	2	5-9	5-10	Yes	Moderate
Daniella	40-49	Caucasian	3	10-14	10-15	Yes	Mild-Moderate
Robin	40-49	Black	1	5-9	0-5	No	Severe
Kristen	40-49	Caucasian	2	15-19	5-10	No	Moderate



# Terminology

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- **Caregiver:** A child or young person's legal guardian who is responsible for day-to-day decision making and care of the child
- **Narrative:** Long sections of talk that contain events, experiences, actions, and happenings that are contained into a larger story
- **Belief Systems:** Worldview, values & priorities
  - **Worldviews:** Perspective or set of assumptions and beliefs about the environment
  - **Values:** Basic principles by which individuals organize their lives around
  - **Priorities:** Activities and roles that are more important
- **Process:** The transactions of factors or thought processes to achieve a particular outcome, or to modify one's reaction to a stressor
  - **Transactions:** An evolving process through which individuals and environments reciprocally influence one another
- **Uncertainty:** A cognitive stressor that encompasses a sense of loss of control or a perpetual state of not knowing
- **Factor:** The personal, environmental, cultural elements that are involved in processes
- **Steeling Effects:** Exposure to a small dose of some adversity serves to build up resistance to a major dose by having had the opportunity to acquire some form of defence