Understanding Conditions

Understanding your loved one’s condition can help you care with confidence. Review this information and underline things you want to remember or have questions about.

**Delusions** are false ideas about events, people, or things that could actually happen in reality, but are not really happening at the time.

**Hallucinations** are false perceptions of objects or events, and involve the senses: taste, hearing, smell, sight, and touch.

**Post-traumatic stress disorder (PTSD)** is a mental health condition that’s triggered by a terrifying event. PTSD symptoms can usually be sorted into three different groups: re-experiencing symptoms, avoidance symptoms, and hyper-arousal symptoms.

**Traumatic Brain Injury (TBI)** is a disruption of brain function resulting from a blow or jolt to the head or penetrating head injury. TBIs range in severity: mild, moderate, severe, and penetrating.

Learn more about injuries, conditions, and find support at:

www.ss4mf.org  
www.rosalynncarter.org  
www.operationfamilycaregiver.org  
www.familyofavet.com  
www.uso.org/warriorandfamilycare  
www.brainlinemilitary.org  
www.militaryonesource.mil