

# Peer Mentorship Program

For Caregivers of Individuals With Brain Injury

The **Brain Injury Association of Nebraska (BIA-NE) Caregiver Peer Mentorship Program** connects caregivers who support someone living with a brain injury. A peer mentor is someone who truly understands because they've cared for someone with a brain injury, and are ready to walk alongside with you through your caregiving journey. **This program gives people hope, support, and a safe place to talk with someone who truly understands.**

*You don't have to walk this caregiving journey alone.*

## What The Program Offers

- A caring person who understands the challenges of supporting someone after brain injury
- Mentors who are trained in building supportive peer relationships
- A safe place to share feelings and challenges
- Support, encouragement, and connection
- Someone who can offer ideas from their caregiving experience
- Hope that life can still have meaning and purpose

*This is not therapy or crisis support.  
It is a **person-to-person connection.***

### Mentors and mentees can meet:

- By phone
  - By video
  - In person
- whatever works for both people.

## Who Can Be a Mentor?

### Mentors are caregivers who:

- Have identified ways to cope and move forward
- Are comfortable sharing their story in a helpful way
- Can listen with kindness and respect
- Can meet regularly and keep healthy boundaries
- Want to help someone feel less alone

*Mentors complete training and receive ongoing support from BIA-NE.*

## Who Can Be a Mentee?

### Mentees are caregivers who:

- Want support from someone who understands
- Are open to talking and learning at their own pace
- Can meet regularly and communicate with their mentor
- Can meet regularly and keep healthy boundaries
- Want to build confidence, connection, and purpose

*Each match is different. The mentor listens, supports, and shares ideas —not professional advice.*

## What You Might Talk About

- Coping with changes in your loved one and your role as a caregiver
- School, work, or daily challenges
- Navigating relationships with family, friends, and the person you support
- Feeling overwhelmed
- Organizational strategies found to be helpful
- Celebrating progress
- Finding purpose and hope

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### How Matching Works

BIA-NE learns about each mentor and mentee's story, needs, strengths, and preferences to create the best possible match.

### How Long Does A Match Last?

Peer matches may last just a few months or extend up to a year, depending on individual needs.

A match closes when:

- Someone feels ready to move on
- The match has run its course

## Learn More



[biane.org/peer-support](http://biane.org/peer-support)



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