



Disclosures

 The presenter has no significant financial relationship with any commercial or proprietary entity that produces healthcare-related products and/or services relevant to the content of this presentation.

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Topic List

- Patient / Family Expectations and Solutions
- Neuroplasticity
- Brain Injury Coping Skills (BICS)
- Facilitating Awareness
- Fostering Engagement



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Aligning Patient / Family Expectations:

- Brain injury affects the entire family
- The caregiver's needs are AS IMPORTANT AS that of the survivor
- How families experience and adapt to changes in roles after brain injury differs.





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Common Family Themes in Post-Acute Transitions

- Hopes for a rapid recovery
- Rehabilitation will "fix" my loved one.
- "Nobody ever told me this."
- Increased isolation and decreased social support
- Physical and emotional exhaustion
- Concerns of what to do next
- Beginning awareness of real changes in the person
- Guilt about absence from home and work
- Financial concerns

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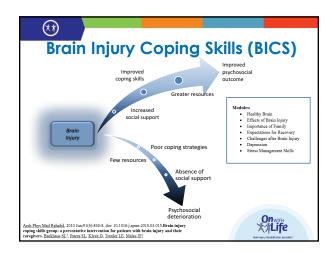
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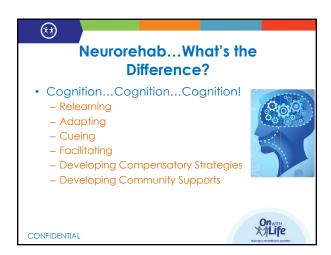
10 Principles of Neuroplasticity

- 1. Use it or lose it
- 2. Use it and improve it
- 3. Specificity
- 4. Repetition matters
- 5. Intensity matters
- 6. Timing matters
- 7. Salience matters
- 8. Age matters
- 9. Transference
- 10. Interference

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Deficit AwarenessPractice Standard
Predict-Perform Procedure: 1. Therapist introduces a task. This can be purely paper and pencil, real, or simulatedalong the gamut of task complexity. 2. PS is asked to: 1. Set a goal 2. Predict their performance 3. Anticipate and pre-plan for any anticipated types of errors or obstacles (i.e. are you going to need reminders or physical help with any aspect of this task?)
Choose a strategy to circumvent these difficulties Assess the amount of assistance he/she will need to successfully complete the task.
3. Following the above, the PS completes the task 4. Complete structured self-evaluation
Collaboration and comparison of perceived performance and reality
Record experiences, including tips or strategies to be successful next time
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