

Putting the "We" in Therapy

It's a partnership

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Goals

- Understand that feelings, thoughts and behaviors can change
- Learn skills for adapting to changes
- Obtain new skills




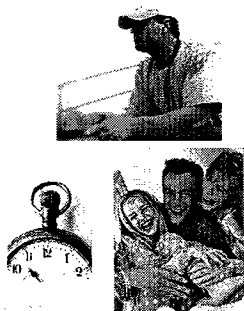
Figure 1.

Recovery Process




What Helps

- Time
- Patience
- Faith
- Humor
- Education
- Attitude



Support Strategies


- Take time for exercise
- Learn relaxation techniques
- Listen to music
- Join a support group
- Maintain support systems



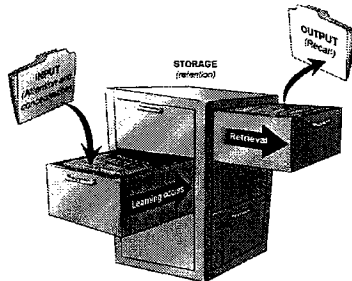
Partnership Approach

Encourages

- A "we" approach
- Negotiating
- Working together to solve problems and make it work



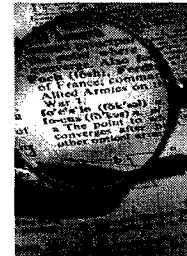
Memory Process



Attention and Concentration

What you can do...

- Gain attention before activity
- Decrease distractions
- Stop if needed
- Start with something familiar and enjoyable



The 5 S's

- Starting
- Stopping
- Sustaining
- Shifting
- Self Awareness

Remembering



- Establish routines
- Be consistent
- Repetition
- Pneumonics
- 5 W's
- Use the senses
 - touch – write it
 - visual – demonstrate
 - audio – say it out loud



Recall





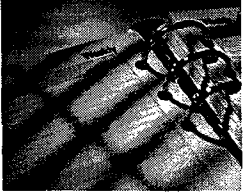
- Allow extra time as needed
- Cue as needed
- Stop and think

Memory and Organizational Aids

- personal calendar system
- iPADs
- cell phones

Memory Aids

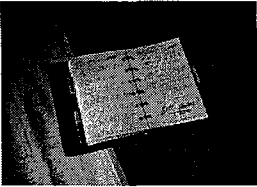
Provide greater independence

Calendar Use Keep it Simple

Timed events
To Do's
Details

Calendar Markers




- _____ to indicate completion
- _____ to prioritize
- _____ for a carry over

<p>Thursday, May 5</p> <p>7:00 <u>wake up / AM routine</u></p> <p>8:00 _____</p> <p>9:00 <u>:15 Dentist, 1770 N Elm</u></p> <p>10:00 _____</p> <p>11:00 <u>Groceries</u></p> <p>12:00 <u>lunch time</u></p> <p>1:00 <u>pick up mail</u></p> <p>2:00 _____</p> <p>3:00 _____</p> <p>4:00 <u>Relax</u></p> <p>5:00 <u>Supper time / do dishes</u></p> <p>6:00 _____</p> <p>7:00 <u>American Idol</u></p> <p>8:00 _____</p> <p>9:00 <u>Bedtime / PM routine</u></p>	<p>Thursday, May 5</p> <p style="text-align: center;">Things "To Do"</p> <p><u>Groceries</u></p> <p><u>milk</u></p> <p><u>eggs</u></p> <p><u>butter</u></p> <p><u>Call Mom, Happy Mother's Day</u></p> <p><u>Laundry</u></p> <p><u>Today is a good day</u> <u>headache is 3/10</u></p>
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Example

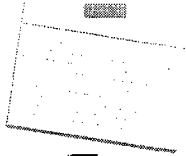

March 16th Party

- Feb 21: Make guest list
- Feb 24: Order cake
- Feb 26: Buy invitations
- Feb 27: Address invitations
- March 3: Mail invitations



Cue Cards

- Can help remind how to manage a situation
- Types
 - compensation
 - coping strategies
 - self-talk

Compensation Strategies

- Stop and Think
- Slow Down
- Pay attention to details
- Read and follow directions
- Ask questions
- Take notes
- Don't assume
- Ask for clarification
- Break it down
- Go one step at a time

Coping Strategies

Use problem solving process.,
Keep busy, Take a break, Get enough sleep, Monitor fatigue, Use breathing exercises to relax, Check out assumptions

Self Talk

- I am not dumb or stupid
- I am working hard to get better
- I am still a good parent
- Don't worry, be happy
- Rome was not built in a day
- With time I know I will get this

Feedback the sandwich approach

With say something positive
Give the feedback
Finish with constructive feedback

Fact Sheet

I was in a car accident April 4, 2010, which caused my brain injury
I do not work for Allied an longer
I have 3 children and a new baby
I do not live in the "House on the Hill"
I am no longer married
I don't always remember things accurately

Email Directions



- Go to start button, lower right hand corner (click)
- Choose Internet Explorer (click)
- Place arrow in search box (click)
- Type: www.hotmail.com
- Locate email (click)
- (Click in) sign-in name
- (Type in) sign-in name
- (Click in) password box
- Type in password (press enter)

Details

5 W's

- Who:** is it about
- What:** is happening
- When:** is it happening
- Where:** is it happening
- Why:** is it happening

Carrying Out Tasks



- Provide simple instructions before starting
- Begin with small projects
- Include person in planning activities
- Ask to repeat the step

Cueing

- Automatic routine: think about where info would be found
- Self cue: consciously cueing oneself: think about where the information would be found
- Indirect cue: general prompt given by someone other the person with the injury
- Direct cue: specific prompt given by some other then the person with the brain injury

8 Problem-Solving Steps

1. Recognize the problem
2. Define the problem
3. Decide on possible solutions
4. Compare advantages and disadvantages
5. Pick a solution
6. Try the solution
7. Evaluate the success
8. Try another solution

Social Behavior




and
Feedback

Impulsivity

- ✓ Point out inappropriate behavior
- ✓ Help to gain control in simple situations
- ✓ Reinforce successful efforts
- ✓ Avoid confrontational situations




Emotional Instability




- ✓ Model calm, confident behavior
- ✓ Be aware of stress and environmental demands
- ✓ Give appropriate feedback
- ✓ Practice behaviors that encourage control of emotions

Anger Control



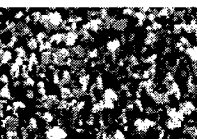
- ✓ Model calm behavior
- ✓ Prepare for changes
- ✓ Direct away from the source of frustration
- ✓ Avoid confrontation
- ✓ Practice anger control techniques

Impaired Self-Awareness



- ✓ Avoid confrontation
- ✓ Praise first
- ✓ Give feedback with specific suggestions
- ✓ Use peer support groups

Social Judgment



- ✓ Be clear and specific about inappropriate behavior
 - ✓ Point out consequences of actions
 - ✓ Be realistic about behavioral changes
- ✓ Give examples of more appropriate behaviors
 - ✓ Give a few specific choices

Key Messages

- Partnership approach "WE" increases successful relationships
- Changes in the brain are the main reasons for changes in behaviors
- You (caregiver) need support and help
- Structure, routine, limits and compensatory techniques work
- Recovery is a gradual process