

1. Introduction

Acquired Brain Injury
***Damage to the brain
that is caused by an
incident that has
occurred after birth.***

Acquired Brain Injury

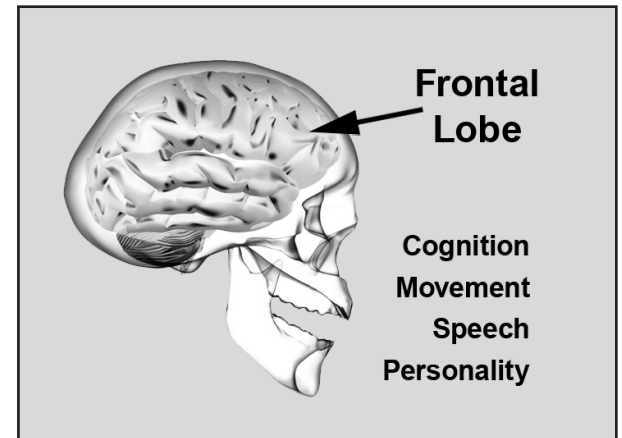
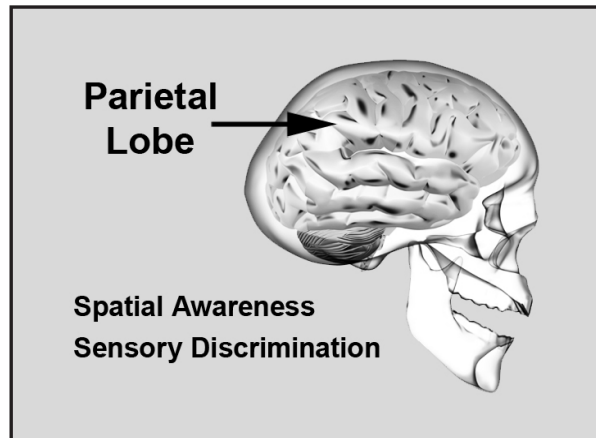
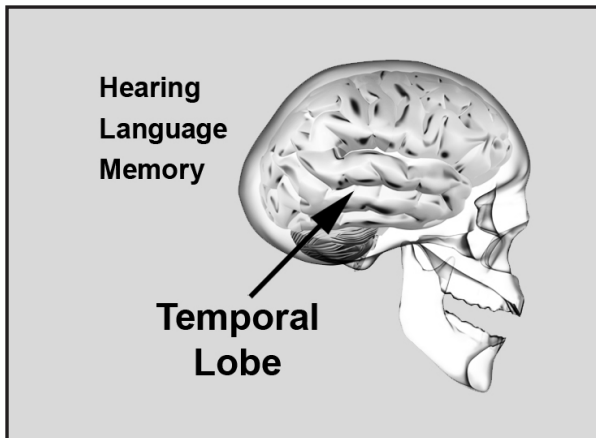
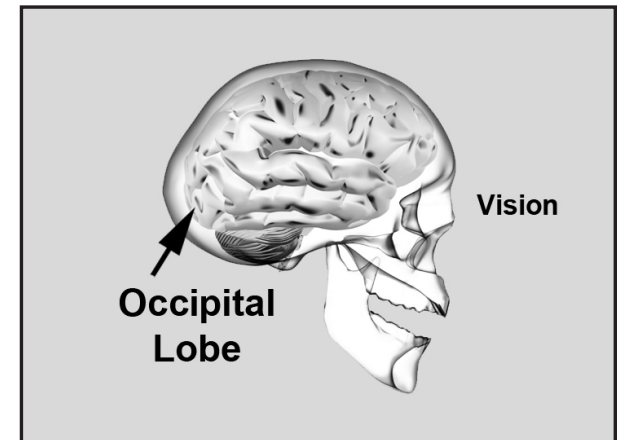
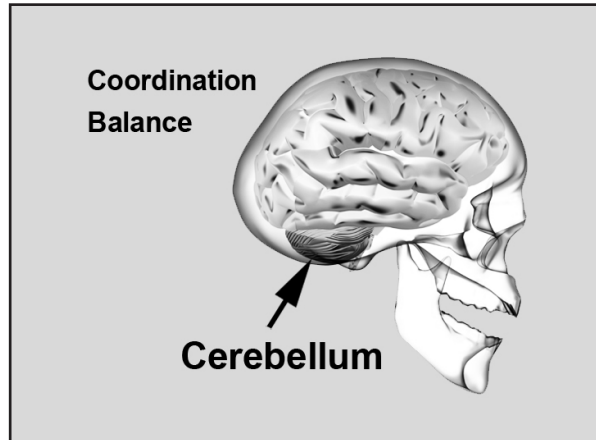
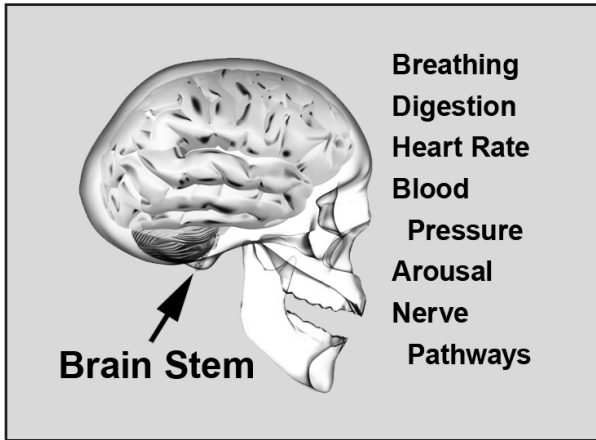
- Motor vehicle accident
- Stroke
- Toxic exposure (*substance abuse*)
- Slips and falls
- Gunshot wound
- Lack of oxygen to the brain

Objectives for Providers

- Goal-oriented
- Person-centered
- Use professional knowledge and skill on client's behalf
- Don't seek to fulfill own needs

Slides accompanying “The Brain and Behavior,” presented by Barbara Nadeau, MA/OTRL, Cognitive Behavioral Specialist

2. Parts of the Brain



“Brain injury affects who we are, the way we think, act and feel. It can change everything about ourselves in a matter of seconds.”

3. Physical & Cognitive Impairments

Physical Impairments

- Speech, vision, hearing and other sensory impairments
- Headaches
- Lack of coordination
- Muscle spasticity
- Paralysis or weakness
- Seizure disorders

Common Memory Problems

- Forgetting appointments
- Forgetting names
- Losing or misplacing things
- Forgetting to take meds; forgetting they were taken

Common Memory Problems

- Repeating questions or stories over and over again
- Needing to have information repeated
- Forgetting things quickly
- Longer to learn new things

Common Attention Problems

- Trouble keeping mind on one thing
- Easily distracted by noises
- Difficulty doing more than one thing at a time
- Difficulty shifting gears

Problems with Initiation

- Knows what needs to be done; unable to get started
- Needs to be reminded to do daily tasks
- Decreased initiation is not depression or laziness

Problems with Organization

- Difficulty organizing time to get things done
- Trouble setting goals, planning and completing correct steps to reach goal

3. Physical & Cognitive Impairments—*continued*

Problems with Organization

- Trouble completing tasks in the correct order
- Trouble getting ready for daily appointments, school or work

Reasoning & Judgment

- Mood swings
- Difficulty with emotional control
- Irritability and/or anger
- Difficulty relating to others

4. Case Studies

Impairment vs. Attitude



It's easy to mistake brain impairments for attitude problems

JOE

Every morning, Joe lies in bed until someone comes in to tell him to get dressed. . .even though he can dress himself.

Is Joe Lazy?

Poor Initiation of Tasks

Strategies:

- ❖ Structured Schedule
- ❖ Reminders

SUE

You tell Sue that you will be on vacation next week and that Karen will be covering for you. Sue says she will lock the door and won't let Karen in.

Is Sue being stubborn?

Mental Inflexibility

Strategies:

- ❖ Predictable, comfortable routines
- ❖ Information beforehand; frequent reminders
- ❖ Avoid surprises

CINDY

Cindy insists her favorite show is on Channel 3 at 7 p.m. When you tell her it's on Channel 61 at 8 p.m., she gets angry and doesn't believe you.

Is Cindy being unreasonable on purpose?

4. Case Studies—continued

Impaired Reasoning

Strategies:

- ❖ Patience
- ❖ Diversion
- ❖ Pick your battles

JIM

Jim got a new stereo last month. Even though you've shown him how to play a CD at least five times, he asks you to explain it again.

Is Jim just trying to get attention?

Impaired Memory

Strategies:

- ❖ Written, step-by-step info
- ❖ Labels on cupboards, drawers
- ❖ Reminders
- ❖ Plan extra time for learning
- ❖ Assistive devices

JOHN

John needs a cane to walk so he won't fall. Yet he often attempts to walk without it.

Is John rebellious?

Poor judgment

Strategies:

- ❖ Reminders why activity is not allowed or unsafe
- ❖ Concrete rules - blame 3rd party to avoid power struggle

JOYCE

If no one is watching, Joyce will get into bed at 2 p.m. and will sleep for two hours.

Is Joyce lazy?

4. Case Studies—*continued*

Reduced endurance
Strategies:

- ❖ Build rests into schedule
- ❖ Times of change and/or stress will require more rest periods

JUNE
June often bumps into people as she hurries down the hall.

Does June disregard the personal space of others?

Visual problems
Strategies:

- ❖ Modify environment - make sure there is contrast between wall and floor colors; extra lighting
- ❖ Discuss: may need referral

5. Helping People with Brain Injuries

Optimize the Environment
Physical Atmosphere

- ❖ Clutter-free
- ❖ Structured
- ❖ Respect personal space
- ❖ Physically directive
 - ❖ Age appropriate
 - ❖ Productive

Optimize the Environment
Emotional Climate

- ❖ Consistent
- ❖ Supportive

Help individual develop a Positive Self-Concept

- ❖ Are your interactions strengthening negative or positive traits?
- ❖ Identify positive traits

Help individual develop a Positive Self-Concept

- Good at helping people
- Good sense of humor
- Good listener
- Strong
- Movie expert, etc.

Help cement Positive Self-Concept

- ❖ Frequently give “jobs” or feedback utilizing identified strengths

Help cement Positive Self-Concept

- You are so helpful. Can you help me with. . .
- You are funny and always make me smile.
- You are such a good listener; can you go talk with Sam?

5. Helping People with Brain Injuries—*continued*

**Help cement
Positive Self-Concept**

- I need someone with your strength to help me open this jar.
- You are such a movie expert; can you recommend a good comedy?

Life needs to have meaning

- ❖ Some control / choices
- ❖ Sense of competency — strengths
- ❖ Sense of belonging and contributing

Basic Principles for responding to inappropriate behaviors

- Remain calm
- Model self-control
- Avoid power struggles
- Watch your tone of voice

Basic Principles for responding to inappropriate behaviors

- Be direct
- Remember: behavioral change is a consequence of brain injury
- Understand longevity of problem

6. Professional Boundaries

Professional Boundaries

- Boundaries are defined as limits that protect the space between the worker and the client.
- It is your responsibility, not your client's, to maintain appropriate boundaries in your professional relationship.

Issues / Challenges that must be avoided

- Home phone number
- Intimate / sexual relationship
- Gifts or money
- Inappropriate financial dealings *(loans; borrowing; I.O.U.s; etc.)*

Issues / Challenges that must be avoided

- Client confidentiality
- Believing you are the only person who can deliver quality care to this consumer

Uphold Values

- Don't complain to the consumer about other members of the Team.
- Respect confidentiality. Don't discuss issues outside the Team process, including with friends and family.
- Submit accurate Time Sheets.

Direct consumers with issues / concerns to the Team

For additional information about Acquired Brain Injuries, please visit these websites:

www.cdc.gov
www.biausa.org
www.biact.org