Low to High Tech Strategies to Meet Your Client’s Needs

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Jessica Westmeier-Shuh, MHS, OTR/L, CAPS, CBIS

HTTP://WWW.ORIGAMIREHAB.ORG/ABOUT-ORIGAMI/EVENTS
Objectives

- Identify clinical reasoning process for treatment intervention for basic and instrumental activity of daily living (I/ADLs)

- Identify low to high technology examples for strategy implementation.
Areas Addressed

- Financial Management
- Shopping
- Meal Planning and Preparation
- Community Mobility
- Accessing Resources
- Health Management and Maintenance
- Home Establishment and Management
- Safety and Emergency Maintenance
- Executive Functions
Client Considerations

- Previous experiences
- Goals
- Severity of Injury and Learning Potential
- Combining the past and the present
Financial Management

• Planning
  o Management style to fit current needs
  o Modifications to financial situation/income/expenses
  o Awareness of current habits
  o Short and long term goals

• Execution
  o Maintaining current budget
    ▪ Envelope/paper vs. electronic tracker
  o Strategies to decrease impulsivity
  o Decreased initiation – schedules and reminders
## Monthly Budget Tracker

(Budget $ \_\_\_\_ per month)

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Amount Spent</th>
<th>Remaining Balance</th>
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(Budget $ \_\_\_\_ per month)

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Budget/Spending Tracker

<table>
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<tr>
<th>Budget</th>
<th>Actual Amount</th>
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<tr>
<td>Income</td>
<td>$2,500.00</td>
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<tr>
<td>Groceries</td>
<td>$67.99</td>
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<tr>
<td>Eating Out</td>
<td>$33.79</td>
</tr>
<tr>
<td>Gas</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Income: $2,500.00 / $5,000.00
Expenses: $101.78 / $800.00
Saving: $2,398.22
Personal Banking Site

Select an option to start.

- **Transfer Money**
  - See Transfer Activity

- **Pay Bills**
  - Manage Payees
  - See Payment Activity

- **Chase QuickPay™**
  - Send Money
  - Request Money
  - Manage Recipients
  - See Chase QuickPay Activity & To Do List

- **Schedule Wire Transfer**
  - See Wire Activity
Budget/Spending Tracker

Spending Over Time
March – June 2013

Spending by Category
$2,992
April 2013

LAST WEEK

$5
Large Deposit
Your $1,504.09 deposit (University Rehab Payroll paid) to your Chase Bank - PREMIER PLUS CKG account is now available.

VALUE

Fee
Chase Bank - PREMIER PLUS CKG charged you an outgoing domestic wire of $30.00.

$3
Large Purchase
$2,120.32 purchase from Fedwire via Suntrust has cleared your Chase Bank - PREMIER PLUS CKG account.

LAST MONTH

ACCOUNTS

Cash
$7,287.10

Credit Cards
$2,052.43

Loans
$7,528.85

Investments
$0.00

Property
$0.00

BUDGETS

$661

Large Deposit

TOP SPENDING CATEGORIES

$242
Education

$201
Bills & Utilities

$53
Shopping

Mint.com
Entertainment
Out
Gas
Groceries
$200
<table>
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<tr>
<th>2013</th>
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<th>July</th>
<th>Amount Paid</th>
<th>August</th>
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<tr>
<td>Consumers (home)</td>
<td>1st</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Life insurance</td>
<td>11th</td>
<td></td>
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<tr>
<td>Sears</td>
<td>13th</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Verizon</td>
<td>18th</td>
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<td>BWL</td>
<td>24th</td>
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<tr>
<td>Consumers (apartment)</td>
<td>25th</td>
<td></td>
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<tr>
<td>Auto/Progressive</td>
<td>27th</td>
<td></td>
<td></td>
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<tr>
<td>Comcast</td>
<td>28th</td>
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<td>Medical bills</td>
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<td>Misc.</td>
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</table>
Bill Payment Calendar

Bills On Your Table
Things to Consider:
- Time of Day/Day of week
- Type of Store/Familiarity
- Size of list
- Store Maps/Customer Service Desk

Tools/Resources:
- Shopping Lists- Paper and Electronic
- Idea Generators
- Maps- Paper and Electronic
**Fruits and Vegetable**

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Grapes</td>
<td>Apples</td>
<td>Oranges</td>
</tr>
<tr>
<td>Carrots</td>
<td>Potatoes</td>
<td>Celery</td>
<td>Kale</td>
</tr>
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</table>

**Other:**

**Deli and Meats**

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Lunch Meat</td>
<td>Red Potato</td>
<td>Pickles</td>
</tr>
<tr>
<td></td>
<td>Salad</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>Other:</td>
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**Bread**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Whole Wheat</td>
<td>Raisin</td>
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**Beverages**

<table>
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<tr>
<th>Item</th>
<th>Item</th>
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<tbody>
<tr>
<td>Coke</td>
<td>7up</td>
<td>Dr. Pepper</td>
<td>Gatorade</td>
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<tr>
<td>Cranberry Juice</td>
<td>Grape Juice</td>
<td>Other:</td>
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**Breakfast**

<table>
<thead>
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<th>Item</th>
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<tbody>
<tr>
<td>Special K</td>
<td>Wheaties</td>
<td>Rice Krispies</td>
<td>Pancake mix</td>
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<tr>
<td>Syrup</td>
<td>Other:</td>
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</table>
Bottled Water - 24 pack

PAPER TOWEL - 6 rolls

Toilet Paper - 6 pack

Hand Soap - 2 bottles

Pop Tarts - 2 boxes total

Broccoli - 4 bags

½ Gallon MILK

Spaghetti - 1 meal

Fish Meal - 2 total

KitKat - 1 large pack
## Pantry Inventory

### Herbs and Spices

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<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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### Pantry Staples

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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### Refrigerated & Frozen Staples

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Shopping Apps

Grocery IQ

Kroger Co.

Meijer Find-it
Meal Planning and Preparation

- Planning Tools and Considerations
  - Weekly Planner
  - Electronic Aides
  - Day Planning- Simple vs. Complex

- Preparation Tools and Considerations
  - Recipes- Paper and Electronic
  - Timers and Organizational Strategies

My cooking is so awesome, even the smoke alarm cheers me on.

Quotes Love and Life .com
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<th>Saturday</th>
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<th>Monday</th>
<th>Tuesday</th>
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<td><strong>Snacks</strong></td>
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<td><strong>Shopping List:</strong></td>
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Meal Planning Apps

Whole Foods

Allrecipes

Food on the Table
Meal Planning and Preparation

- Planning Tools and Considerations
  - Weekly Planner
  - Electronic Aides
  - Day Planning- Simple vs. Complex

- Preparation Tools and Considerations
  - Recipes- Paper and Electronic
  - Timers and Organizational Strategies
CUSTARD RICE PUDDING

3/4 cup Meijer™ Instant Rice
1/4 cup sugar
1/4 cup raisins
1/2 teaspoon salt
3 cups milk
3 eggs, beaten
1 teaspoon vanilla

Preheat oven to 375°F. Combine rice, sugar, raisins, salt and milk in a saucepan. Bring to a rolling boil, stirring occasionally. Cover and simmer 10 minutes. In 1/2-quart baking dish, combine eggs and vanilla. Add rice mixture and stir until thoroughly mixed. Place baking dish in a pan filled 1-inch deep with hot water. Bake for about 25 minutes or until set. Stir pudding after 10 minutes of baking for better distribution of rice.

Makes 8 servings.
1. 

2. 

3. 

4. 

5. 

6. 

Brain Injury Symposium of Mid-Michigan 6/6/13

Strategies to Meet Your Clients Needs
**Chicken Ingredients:**
- Chicken Tenders
- Ham
- Swiss Cheese
- Flour
- Salt & Pepper
- Garlic Powder
- Chicken Seasoning
- Chicken Cream of Soup
- Milk
- White Grape juice
- Mushrooms

**Salad Ingredients:**
- Strawberries
- Sliced Almonds
- Pre-made Lettuce mix
- Milk
- Sugar
- Vinegar
- Mayonnaise

**Biscuit Ingredients:**
- Package of biscuit mix
- Sharp Cheese
- Butter

**Kitchen Supplies:**
- Frying Pan
- Baking Dish for chicken
- Something to Transport food once done to grandmother’s home (Tupperware)
- Mixing bowls
- Dishes
- Tin Foil
- Cutting Knife for strawberries
- Baking sheet or muffin pan for biscuits

**Salad Steps:**
1. Cut strawberries
2. Add strawberries and sliced almonds to lettuce
3. Mix milk, vinegar, sugar, mayonnaise in bowl
4. Pour mix over lettuce

**Biscuit Steps:**
1. Mix ingredients
2. Place on baking sheet
3. Place in oven and bake at 450 degrees for 15 minutes
**Prior to Cooking**

- Check stovetop elements (no food, clean surface)
- Check oven (anything inside of it)
- If using stovetop, proper ventilation (fan on, open window, etc.)
- Have all necessary items out
- Put hot pads on each countertop surface

**While Cooking**

- Cook one item at a time and focus solely on this task (no watching TV, doing the dishes, etc.)
- Close each cabinet after use

**After Cooking**

- Stove (physically touch each knob to double check)
- Oven (physically touch each knob to double check)
- Fridge (each shelf one at a time, did you misplace anything)
- Dishwasher (check each item, is it loaded correctly)
- Microwave (off and door shut)
- Countertops (check each countertop space at a time, are all items put away)
- Floor (any food, liquid, or tripping hazards on floor)
- Sink (water off, nothing in garbage disposal)
- Cabinets (go to each to double check that it is closed)
Meal Preparation Apps

Cookit Lite

Allrecipes

iPhone Reminders
Community Mobility

- Access via driving or transportation service – short term and long term considerations

  - Transportation Services
    - Private/adaptive/public
    - Tools for locating community services

  - Considerations for independent access
    - Navigational tools – GPS and online maps
    - Compensatory strategies to maintain safety
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Public Transportation Apps

Transit
Navigation Apps

Scout
Navigation Apps

Maps

Mapquest
Driving Safety Apps

Sprint Drive First

Safely Go
Accessing Resources
(Communication Management)

- EADLs- Electronic Aides to Daily Living
- Voice Recorders & Note Taking
- Communication Apps
- Phone options and Set-up
- Stylus Options
Note Taking & Voice Recorders

AudioNote
SoundNote
Notability
NoteShelf
Voice Recorder Pro
Audio Memos
Communication Apps

Verbally

Dragon Dictation

Proloquo2go
**Smartphone**  

- **Basic Plus**  
  - Touch
  - Pressure
  - Keyboard

- **Basic**  
  - Flip
  - Sliders
  - Standard

**Basic**: Talk and Text features, Bluetooth compatible, some phones have voice dialing, very limited data plans

*Flip Phone*  

*Slider Phone*  

*Standard Phone*
**Basic Plus:** Talk and text features, Bluetooth compatible and voice dialing, smaller data plan that includes limited internet and e-mailing (cannot open attachments), media features (camera, pictures, music, etc.), touchscreen and/or keyboard phones (pressure or touch screens). Each carrier has a different name for this phone category. (AT&T: Basic with Messaging, Verizon: Multi Messaging, Sprint: Media Messaging)

![Touch Slider with Keyboard](image1)

*(must flip phone to side to operate)*

![Touch Slider with Keyboard](image2)

![Touch Screen](image3)

**Smartphones:** Talk and text features, Bluetooth compatible and voice dialing, data plan with full internet, e-mailing, applications, media features, touchscreen and/or keyboard phones (electro magnetic screens), all phones have “locking” feature (unable to turn off due to battery), e-mail formatting depends on mail servers (POP3 vs. IMAP), Post Office Protocol 3 (includes hotmail and MSN) separates the e-mail servers, Internet Message Access Protocol (includes g-mail, yahoo, outlook) has an ongoing connected e-mail server

![Smartphone](image4)

![Smartphone](image5)

![Smartphone](image6)
Mini Touch Stylus Pen for iPhone/iPad

http://tenonedesign.com/products.php

Rocketfish – Stylus and Twist Pen

Conductive Foam
Health Management and Maintenance

- Emergency management
- Routine maintenance
- Medication management
- Diet and fitness
- Care of others
### MORNING ROUTINE

<table>
<thead>
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<th>Medication</th>
<th>What it's for</th>
<th>Amount</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
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<tr>
<td>Lovaza (Fish Oil)</td>
<td>Brain Supplement</td>
<td>2 pills</td>
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<tr>
<td>Hydrochlorothiazide 25mg</td>
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<td>Multi-vitamin</td>
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Medication Boxes and Organization

- MedCenter System
- Weekly Pill Turtle XL with Reminder Clock by Apex
- Med-e-lert Automatic Pill Dispenser
Medication Management Apps

Pill Monitor

Pillboxie
Routine Management Apps

Your Health Record

Diabetes In Check
Emergency Management Apps

GenieMD

iTriage

Description
A type of chronic obstructive pulmonary disease (COPD) involving damage to the air sacs (alveoli) in the lungs. The most common cause of the disorder is smoking. The walls of the alveoli become destroyed decreasing a patient’s ability to get oxygen into the blood. If patients continue to smoke the destruction becomes worse resulting in the need for chronic oxygen use, eventual damage to the heart, and lung failure.

Reviewed by Harvard Medical School

Symptoms
Symptoms at first are mild then become rapidly progressively worse. Symptoms include: shortness of breath, wheezing, chest tightness, reduced capacity for physical activity, loss of appetite and weight, and fatigue.

Reviewed by Harvard Medical School

Tests
Workup:
A history and physical exam will be done. Other tests to confirm the diagnosis may include: pulmonary function tests, chest x-ray, chest CT scan, arterial blood gas, and sputum examination.

Tests:
CT Scan, X-ray, Pulmonary function Test

Other Specific Tests:
Pulmonary function tests (PFTs), Arterial blood gas

Specialists:
Internal Medicine, Pulmonology, Family Practice

Reviewed by Harvard Medical School

Where Can I Go?

Emergency Department
Open 24 x 7 - For any acute condition

Urgent Care
Walk-in care extended hours

Retail Clinic
Treats minor illnesses and injuries

Internal Medicine
Appropriate for this condition

Pulmonology
Appropriate for this condition

Family Practice
Appropriate for this condition

Prescription Medication
Medications requiring a prescription

Over The Counter Medications...
Not appropriate for this condition

Estimated Cost
Estimated cost of care
Wellness Apps

MyFitnessPal

Workouts

Calorie Counter
Home Establishment and Management

- **Things to consider**
  - Family role and expectations
  - Cognitive and physical changes

- **Indoor/Outdoor maintenance**
  - Organization and routine – checklists, scheduling, reminders
  - Energy conservation techniques
  - Safety awareness
  - Novel problem solving and safety awareness
# Clean your house weekly

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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
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<td>Wipe down kitchen</td>
<td>Clean the bathroom</td>
<td>Dust living room &amp; bedroom</td>
<td>Wipe down kitchen</td>
<td>vacuum</td>
<td>Clean the bathroom</td>
<td>Sweep kitchen floor</td>
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<td>Mop kitchen floor</td>
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Time Management App

Timers+

- Clean kitchen counters: 5 mins
- Clean and wipe out sink: 2 mins
- Sweep kitchen floor: 5 mins
- Take a seated rest break: 5 mins
- Wipe down appliances: 5 mins
- Mop kitchen floor: 7 mins
Home Maintenance Apps

Kitchen sinks can clog up at the most inconvenient times. Fortunately, in most cases, you can unplug a sink without the expense of a plumber. There are several simple ways to unclog sinks, with or without chemical assistance. Read on to learn how you can unplug your kitchen sink and get back to cooking.

Instructions

How to Unclog Kitchen Sinks

Unclogging Sinks

Clear the sinks of all dishes, sponges and rags to make room for working.

Combine 1/2 cup of vinegar and 1/2 cup of baking soda in a measuring cup or bowl. Stir and immediately pour down the drain. Allow the mixture to work down the pipe for at least 5 to 10 minutes. Run hot water down the drain to rinse away residue and check to see whether the clog has been dissolved.

Plunge the sink, using a standard toilet plunger. Partially fill the clogged sink with water. If you have a two-basin sink, plug the other drain with a rag or have someone hold down the sink stopper. This allows the pressure of the plunging to work directly at the clog. It may take several forceful plunges to dislodge the clog. If this works, the water will drain immediately.

Using A Pipe Snake to Unclog the Kitchen Sink

Use a pipe snake to unplug the sink, if the other methods do not work. This is the messiest process, by far, but there may be too much debris, grease and other residue inside the pipes for simpler methods to tackle. This can also be a rather disgusting project, so you may want to don rubber gloves.

Clear out the contents below the sink. Lay down some old towels and place a bucket below the trap (U-shape connection pipe). Unless you want to drain the sink above at this point, seal it off with the stopper.

Fit a pipe wrench to loosen the connections on the trap. If the trap is plastic, you...
Executive Functions

- **Planner**
  - May contain: calendar, medical information, contacts, journal, to do list, etc.
  - Review throughout day and remove unnecessary items

- **Calendar/Schedules**

- **Filing System/Organization**
  - Consistency is the key to success

- **Checklists**

- **Reminders/Timers**
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<th>monday</th>
<th>tuesday</th>
<th>wednesday</th>
<th>thursday</th>
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# Master To-Do List

Week of: ____________________

<table>
<thead>
<tr>
<th>Description</th>
<th>Due Date</th>
<th>Priority</th>
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</table>
Executive Function Apps

Password Keeper

AidaReminder

It’s Done!

Evernote
How to find strategies and tools

- Community Living Skills Workbook for the Head Injured Adult
- Pinterest
  - [http://pinchalittlesavealot.blogspot.com/](http://pinchalittlesavealot.blogspot.com/)
- Rehabilitation team
- App Internet Search
  - Appadvice.com
  - Brainline.org
- Occupational Therapy Blogs
- Brain Injury Blogs
- Youtube.com
Free Printables

http://pinchalittlesavealot.blogspot.com/

http://printables.yourway.net/
A strategy is only effective if put into practice
Low Tech Case Study

- MVA in 1988 resulting in TBI. 2nd and 3rd car vs. pedestrian accidents in 1999 and 2012 that caused further brain injury.
- Barriers: visual field cut, reading level, communication, executive functions, OCD, impulsive, motor planning and coordination
- Prior to admission
  - Lived at home with his mom, sister, and nieces
  - Received total to max assist for all IADLs and cues to initiate basic ADLs
  - Worked 20 hours a week in supported environment
Low Tech Case Study

- Financial Management: Lockbox, money tracker sheet, debit card for grocery shopping, allowed x amount of dollars to be in his wallet at a time

- Shopping: grocery pictograph organized in order of aisles, same store each time, uses debit card

- Meal P & P: magnet weekly meal planning sheet that is reviewed daily, has recipe pictographs for meals that he needs more assistance with, oven/stove are disabled

- Community Mobility – Spec-Tran to/from work, assistance to schedule rides due to communication difficulties, receives daily phone calls to verify ride times- writes this information on a dry erase board next to his door, has specific clothing that he wears on bus to manage OCD
Low Tech Case Study

- Health Management – Supervision to pack weekly medication box with use of a pill pictograph, initiates medications independently now due to routine development. Assistance for refills and doctor appointments.

- Home Management- Initially required cleaning pictographs however with routine development has been able to demonstrate independent follow through, picture cues on weekly schedule to initiate task.

- Safety and Emergency Maintenance- Supervision levels have decreased as he demonstrates greater understanding of independent living procedures (responds to fire drills, requests assistance if something breaks, etc.)

- Executive Functions- weekly calendar with routine events (work, cleaning, shopping, exercise, etc.), alarm clock
Low Tech Case Study

- Independence with basic ADLs was achieved with a consistent morning and night routine, cues for less routine tasks (haircuts, nail trimming, etc.)

- OCD symptoms have greatly decreased as client has more control of his environment and medication follow through has improved.

**Daily routine + Strategy implementation = Increased Independence**
High Tech Case Study

- MVA in 2008 resulting in TBI.
- Barriers: Tremors, apraxia in both upper and lower extremity, significant difficulty with recall, decreased information processing speed, and neurofatigue
- Prior to admission
  - Little to no therapy prior to admission
  - Lived independently but dependent upon family for support
  - Frequent falls
  - Utilized strategies that were inefficient and caused increased frustration
  - Depression due to social isolation
High Tech Case Study

- Financial Management: Use of reoccurring, automatic payments, AidaReminder to schedule bills where this is not an option

- Shopping: Creates a list on iPad based upon store layout to decrease fatigue levels

- Meal P & P: Frequent recipes saved to iPad to assist with poor recall, Allrecipes app to return to leisure activity of cooking

- Community Mobility: Drives short distances, uses Scout favorite locations to travel to children’s homes and physician appointments, will use private transportation co. for longer distances
High Tech Case Study

- Health Management: YourHealthRecord to manage history and current medications, AidaReminder to take medications daily

- Home Management: Schedule in iPad calendar of weekly home maintenance tasks to reduce fatigue

- Accessing Resources: Siri on iPad for email, voice to text for phone messaging, Stylus for non voice options

- Executive Functions: Reminder alarms, calendar in iPad, Evernote to sync information with daughter, Evernote to take pictures to improve face recognition and important details when meeting new people
Questions and/or Sharing of Ideas


Contact Information

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http://www.origamirehab.org/about-origami/events