

Root cause

The real reason behind the disability

New evaluation of skills

- At first all the talk will be about what the survivor was before the accident.
- Then there will be some talk about the obvious physical deficits
- After some time has passed there will be some evaluation of the cognitive abilities though too often this is a deficit based evaluation with the pretense of working on those deficits more directly
- After these first barrage of tests there will be much speculation about back to work performance and little talk of much else

Transferrable skills

- For serious accidents – and what accident is not serious to those left incapacitated – rehabilitation will start with the activities of daily living.
- At first these will start with self care – toileting and grooming = the remainder of these activities will be left until the survivor is more able to carry out those tasks
- some of these self care activities are mastered and then the quest is on for return to some semblance of what life was like before.

New Agenda

- There is a tremendous amount of adjustment that is done in these first few months for serious accidents.
- There needs to be some goal setting done at this stage with the time taken to orient the survivor to all the requirements and abilities of their new life.
- The survivor should own this goal setting and it should be fundamental to the work of rehabilitation. It needs to be taught at this point that doing the activities of daily living is a stepping stone to full recovery.



Banana Bread

Everybody needs to eat

Starting off

- Everybody likes a reward after working. Why not the taste of home baked banana bread with the wonderful aromas that this generates in the household..
- For starters why not use a store bought mix and make a big deal of it.
- Make sure the person understands the reasoning behind cooking in the first place....besides the necessity to eat...
- Make it a party to celebrate the accomplishment – one step further in the long journey to recovery.

Talking.....

- Next it is time to help develop an inquisitive self stimulating brain
- This is the real reason behind the banana bread – the baking is just one context in which this can be done

Background...

- Here baking serves as the context of choice to help develop an inquisitive self stimulating brain. This is where the brain develops an ability to try to understand the basic way things operate. As much as possible try to get them interested in physics – take them from where they left in school and build on it. This can also be done with laundry and other repetitive tasks like cooking.
- This hunger for knowledge can be taught, I believe it is the job of the professionals to do so.

Paradigm of Challenges

- Need infrastructure,
- Need Supplies,
- Need effort,
- Result, and
- Self evaluation

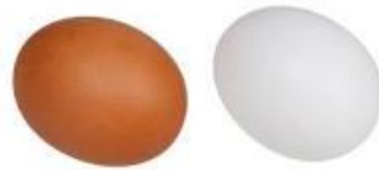
Infrastructure

- These are not consumed in the process of performing the task



Supplies

- These are consumed in the process – items for the finished good and items for the process



Effort

- This is the time and thought that goes into each task – the output is variable

Self evaluation

This is the beginning of insight.

Result

- These two activities provide a very tangible result

Recap...

- Both laundry and baking require some executive functioning to occur. Regaining these functions is a part of the healing process. These functions can also be found in other activities of daily living.
- Opportunities for healing the brain are all around us and we are not limited to the hours a professional can be with us.
- The professionals need to set the stage for life long learning and optimization during the course of their attending directly to our needs.

Challenge...

- Will you take the 6 week banana bread and laundry challenge? And get others excited about the possibility of healing from activities like these!