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Functional Cognitive Activities for Adults with Traumatic Brain Injury: Pilot Case Studies

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**FUNCTIONAL COGNITIVE ACTIVITIES APPROACH**

The Functional Cognitive Activities (FCA) approach was developed to improve everyday occupational performance in adults with TBI through the utilization of a task-centered approach involving the three global elements. The FCA approach is designed to generalize learned skills in a therapy setting in order to engage in meaningful occupations across a variety of context. The purpose of these pilot case studies is to provide preliminary evidence to determine the effectiveness of the FCA approach for improving generalizability in adults with TBI.

### 3 Global Elements

#### Interpersonal Relationships
The ability to initiate communication with others, utilize appropriate behavior in a group, understand tasks and reading materials, follow commands, regulate emotions, correct errors, have insight of others, utilize appropriate behavior in a variety of context.

#### Environmental
The ability to visually scan, orient self to place, arrange workspaces appropriately in order to complete the task, acknowledge safety hazards, safely navigate, and use a map and/or compensatory devices.

#### Time Parameters
The ability to initiate tasks and estimate the time needed to complete them, follow schedules, orient to the time of day, and manage multiple tasks at once.

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**PARTICIPANT QUOTE**

"I can't imagine how life would be without this program."