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

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Functional Cognitive Activities for Adults with Traumatic Brain Injury

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IRB Approval #10527

PARTICIPANT 1

<table>
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<th>Age: 61</th>
<th>Gender: F</th>
<th>Education Level: Associate Degree</th>
<th>Years Post-TBI: 5</th>
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Beginning FCA Level
Level 5 FCA Focus: "Navigating Beyond the Room"
- Navigating to various locations on multiple floors of the building
- Complete tasks during scavenger hunt to utilize divided attention
- Problem solving to complete schedule on time

Ending FCA Level
Level 7 FCA Focus: "Out the Door"
- Revise self-made schedule and estimate travel time
- Determine an efficient route to an unfamiliar destination
- Anticipate consequences of decisions

Level 5 FCA Participant Strategies:
- Use a map to navigate
- Take notes on verbal instructions
- Ask clarifying questions

Level 7 FCA Participant Strategies:
- Use positive self talk as encouragement
- Give extra time for tasks than expected

PARTICIPANT QUOTE

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

REFERENCES