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

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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 contexts. 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.

### CONCLUSION AND RECOMMENDATIONS

**Conclusion**
- The FCA approach can be an effective method for facilitating the generalization of functional cognition skills in daily occupations across contexts and environments for adults with TBI.
- The FCA approach can guide therapists to evaluate an individual's cognitive performance level and implement the proper amount of support needed in order to be able to adhere to a time schedule.

**Recommendations**
- Formal training of the implementation of the approach prior to beginning treatment sessions with participants.
- More thorough selection process including an interview with the potential participants regarding their acceptance of their condition.
- Involving caregivers in intervention goals and implementation to avoid caregiver barriers.

**REFERENCES**