

ACQUIRED BRAIN INJURY (ABI): UNDERSTANDING AND SUPPORTING REHABILITATION-PART(2)

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WORKSHOP AGENDA

1. Practical Support Strategies
2. Case Studies and Role-Playing
3. Cultural Considerations in ABI Care
4. Emerging Technologies in ABI Rehabilitation
5. Self-Care for Support Workers
6. Q&A and Wrap-up



PRE-TEST

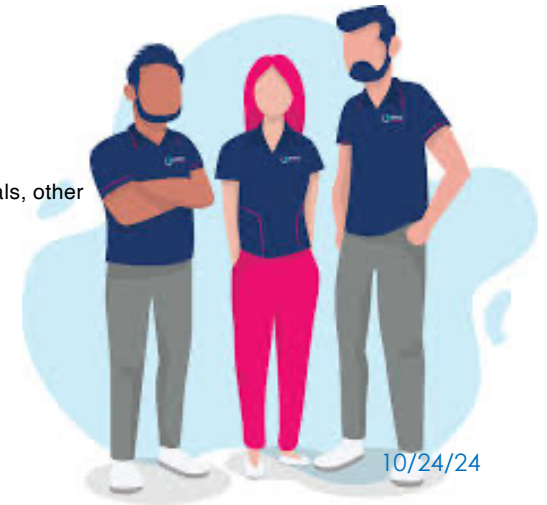
The Pre-Test is a way of checking what you know before you start The Pre-Test includes 8 multiple choice questions. It is quick to do.

Module 2 Pre-Test

PEOPLE WORKING WITH PEOPLE WITH ABI

People working with people with ABI in NSW need to be able to:

- 1. Understand Ageing, Disability and Home Care's (ADHC) directions in relation to acquired brain injury (ABI).
- 2. Have an introductory understanding of ABIs (and the similarities and differences with other work with which they may be familiar [e.g. aged, intellectual disability, mental health, etc])
- 3. Be aware of the key building blocks of how to approach working with people with ABI (appropriate for the participants work role).
- 4. Identify new strategies for working with people with an ABI that could be used in their work (appropriate for the participants work role).
- 5. Identify what they need to know in working with people with ABI and strategies to build their knowledge about ABI
- 6. Identify strategies in their work place for knowledge building around working with people with ABI (and be aware of relevant leaning materials, other supports and how to use them).
- 7. Identify local service network issues (in working with people with ABI) and what could be done to address them locally.



PRACTICAL SUPPORT STRATEGIES

1. **Uniquely building independence:** Encourage independence
2. **Person-Centred Care:** Tailor strategies to individual needs and goals.
3. **Communication Techniques:** Use clear, simple language and repeat key points.
Be patient with processing delays.
4. **Support Emotional Adjustment:** Encourage expression of feelings, acknowledge grief and loss related to the injury.



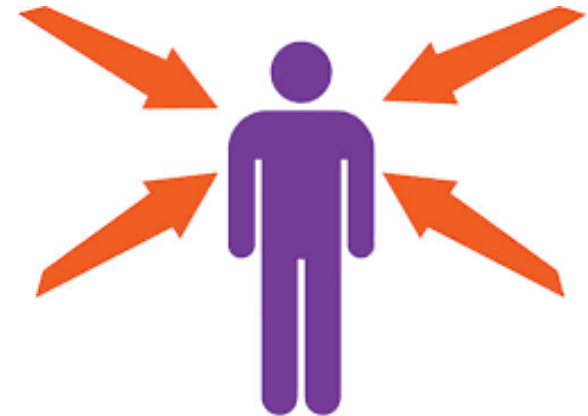
PERSON-CENTRED APPROACH

This means focusing on the individual's unique needs, preferences, and goals. Every person with ABI had a life, a career, or relationships before their injury, and part of our job is to help them rebuild and integrate back into these aspects of life. It's crucial to involve the individual in decision-making and goal setting.



STRATEGIES TO SUPPORT PERSON CENTERED

- Promote Independence
- Identify & Prioritise Issues
- Goal Directed
- Setting Goals
- Monitoring



PERSON CENTRED

A person centred approach aims to:

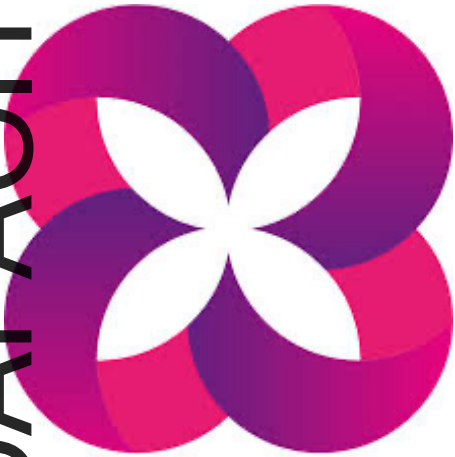
- Be client focused,
- Promote independence and autonomy,
- Provide choice and control and
- Be based on a philosophy of collaboration and teamwork.
- It takes into account your needs and views and builds relationships with your family members.



PERSON CENTRED APPROACH GIVES PEOPLE

- valued roles
- participation and belonging in the community
- freely given relationships
- greater authority over decisions about the way they live
- genuine partnership between the service, themselves and/or their family and allies
- individualised and personalised support arrangements.

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IDENTIFY THE SIGNS OF A PERSON CENTRED APPROACH

- Making sure the person and their friends and family are central to identifying needs.
- Focussing on the future e.g. identifying that a person will need to cook in their own home.
- Supporting the person only in the role of service client or other non-valued roles, fitting the person into activities and programs.
- Enabling people to have lots of experiences so they can make informed choices
- Thinking not only about choice, but also about how people can have more control over their own lives.
- Service providers recognise that the person/family has important knowledge about their own needs and about how these are best met.
- Supporting the person to have valued roles in the community
- Thinking about the person mainly in terms of what they cannot do.
- Focussing only on the present, e.g. identifying that a person must learn to cook.
- Telling a person what the decision is after it has been made.
- Asking the person what they should most like.
- Expecting that people will immediately be able to make good decisions without support.
- Expecting that people with a disability cannot have lives like other people.
- Expecting that having a disability means having more in common with each other than with other citizens.
- Service providers holding all the power and controlling what happens to the person.
- Expecting that everyone is born into a common humanity and deserves a 'good' life



ENCOURAGING INDEPENDENCE

While people with ABI may need support, it's important to encourage as much independence as possible. This doesn't mean leaving them to do everything alone but helping them achieve small victories that build their confidence.

Key Strategies:

- **Enable, Don't Take Over**
- **Build Skills Gradually**
- **Provide Choice**



STRATEGIES TO BUILD INDEPENDENCE

There are many strategies for promoting independence.

- Identifying and prioritising issues
- Setting goals
- Monitoring progress
- Let them try tasks first, offering help only when needed.
- Focus on one skill at a time, and once they master it, move on to the next.
- Let them make decisions, even small ones like choosing their clothes or what to eat.

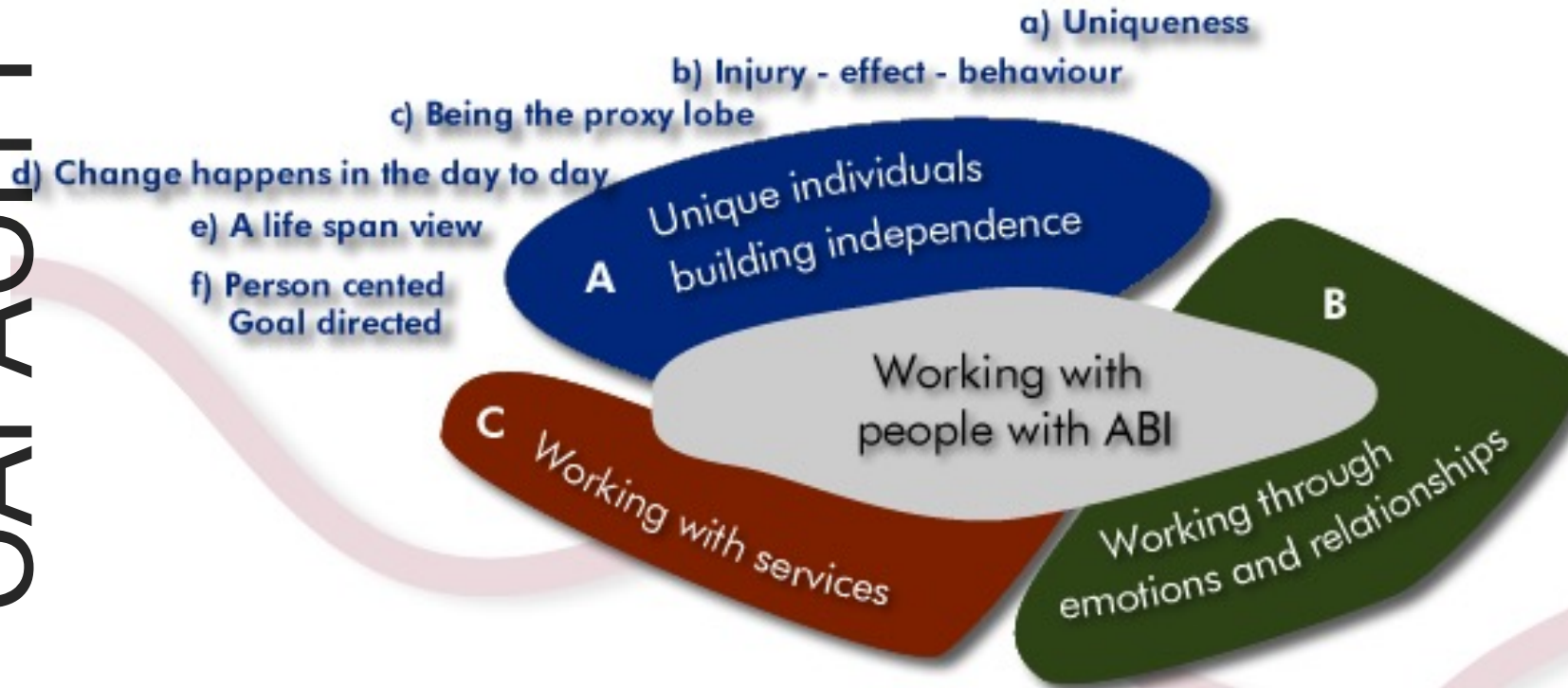


BUILDING INDEPENDENCE

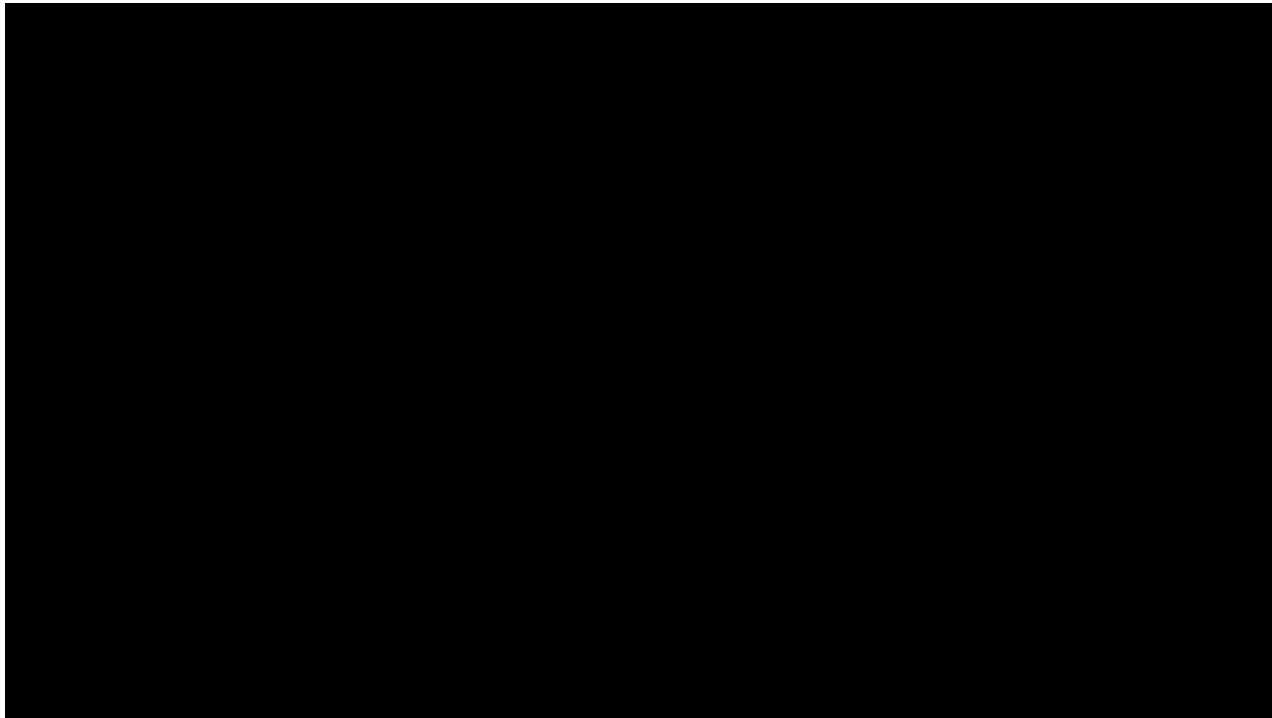
Rules of thumb

1. People with an acquired brain injury can grow in their skills for independence in the short and long term (except where the ABI is caused by a degenerative disease).
2. The rate of development can be slow and so not noticed. People give up too soon.
3. Most people with a traumatic brain injury and many with other forms of ABI are young - they have a lot of life ahead of them and plenty of time to develop.
4. People with an ABI often have some very good skills in some areas but very poor skills in other areas.
5. People with ABI may need support to manage independent skills for life when they can't maintain a skill on their own.

UNIQUE INDIVIDUALS BUILDING INDEPENDENCE



RAY'S STORY



GOAL DIRECTED

- Goals are what the person with the ABI wants to achieve.
- Goals belong to their person with the ABI, not to workers, clinicians or service providers.
- Rehabilitation programs exist so that the person with the ABI can achieve your goals.
- Rehabilitation goals typically focus on improvement.
- People with ABI have life goals after rehabilitation – including maintain goals and prevent deterioration.



IDENTIFYING AND PRIORITISING ISSUES

The key to being goal-directed is to identify and prioritize issues. Here are some tips to help you:

- **Coming up with ideas** - how do you help the individual do
- **Recognising the skills and strengths of the individual**
- **Supporting the individual in prioritising issues**



RECOGNISING SKILLS AND STRENGTHS

Skills

- "How would you go about doing that?"
- "What do you think you need to do that?"
- "Have you done it before?"
- "How have you done it previously?"
- "Can you remember how you have done it before?"

Strength

- "How are you going to do this?"
- "What did you mean when you said this?"
- "How are we going to do it?"
- "What do you need to do it?"
- "Is there anything you can look at that will give some help?"

MONITORING: HOW TO ASK ABOUT HOW THINGS ARE GOING?

Actions

- "How long do you have to leave that for?"
- "When do you need to check it?"
- "Is it time to check it?"
- "Is that how you would normally do that?"
- "What did the instructions say to do?"
- "Are they the same?"

Performance

- "How do you think you went?"
- "Did everything go as you wanted it to?"
- "What did you think you did well?"
- "What areas could you improve on?"

MONITORING: PROMPT FOR PERFORMANCE

- "What about when the chips were spitting fat?"
- "What did you do?"
- "Do you think it was smart to throw water on them?"
- "What could you have done that would have been better?"
- "Do you think that turning down the heat may be a better idea next time?"



COMMUNICATION STRATEGIES

Many people with ABI have communication difficulties, such as finding the right words or following a conversation. It's important to be patient and adaptable in how you communicate

Powerful Tips

- Use Simple Language.
- Speak Slowly and Clearly:
- Use Visual Cues
- Active Listening
- Building rapport with people with ABI and
- Dealing with behaviours arising from cognitive impairments.



CONVERSATIONS TIPS

Expression

- Give the person plenty of time to respond
- Encourage all attempts to communicate
- Do not interrupt or answer for the person
- Give questions or choices to clarify what the person means, for example:
 - "Do you mean ... ?"
 - Ask what their topic is
 - Give a choice of two options ("Do you want to watch TV or go outside?")
- The most important thing is the meaning behind the communication, not how well the person can put a sentence together



CONVERSATIONS TIPS

Understanding

- Avoid background noise
- Speak naturally but clearly
- Ensure eye contact
- Speak in short, simple sentences
- Try rephrasing what you said if the person does not understand
- Talk about events, objects and people in the here and now
- Clearly identify people and topics
- Do not change topic quickly
- Be aware that the person will understand better when they are not tired



CONVERSATIONS TIPS

Manage difficult social situations

- Problem: Poor conversational turn-taking
- Problem: Talking about the same topic for too long.
- Problem: Talking about inappropriate topics/giving too much personal information.
- Problem: Invading people's personal space.
- Problem: Inappropriate eye contact (staring or avoiding eye contact during conversation).



CASE STUDY JAMES

1. Identify the skills and tasks that James has difficulty with.
2. What are some of the strategies you might use to help James to manage these difficulties?



SUPPORTING COGNITIVE REHABILITATION

ABI often affects cognitive skills such as memory, concentration, and problem-solving.

There are specific strategies we can use to support individuals in improving these skills:

- **Memory Aids:**
- **Breaking Tasks into Steps**
- **Repetition and Routine:**



COGNITIVE STRATEGIES

- [ABI/Cognitive strategies.docx](#)



Introduction



Problem



Solution



Result



Before/After Data

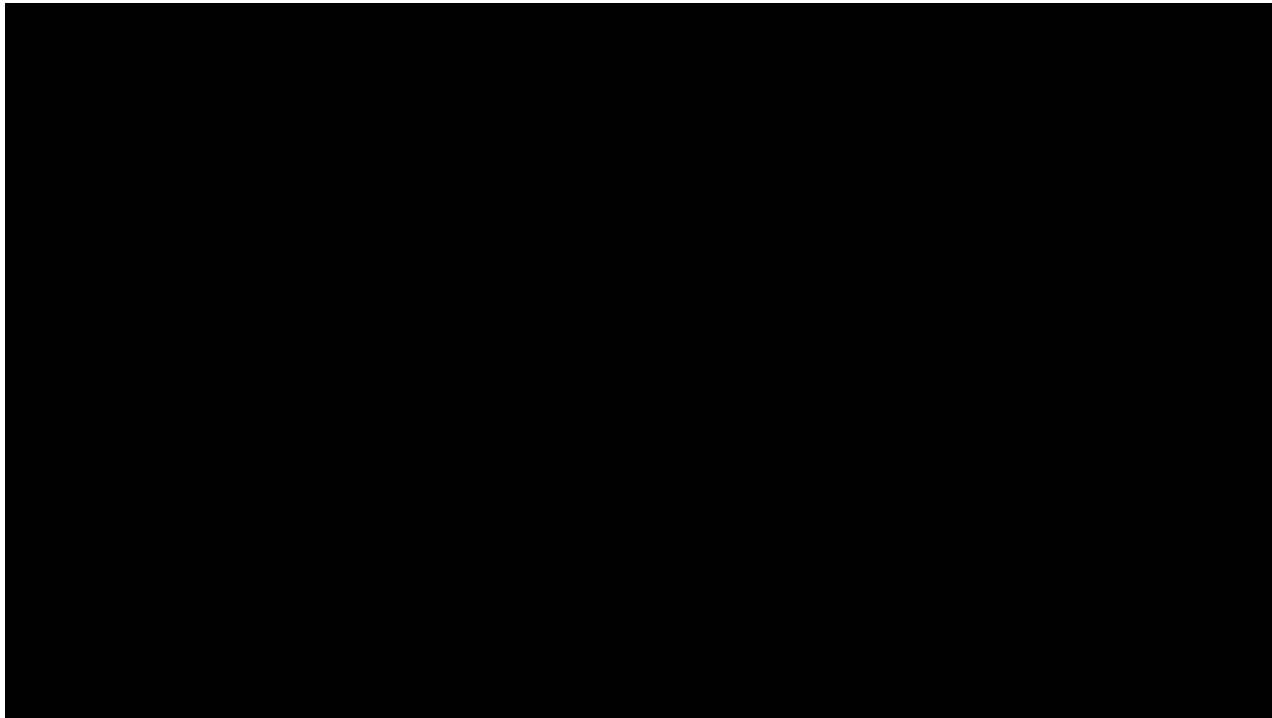
GABBY'S STORY

**Before and now
Gabby**

QUIZ

1. Most of the clients your service works with are clients with an intellectual disability.
2. You have three new clients with an acquired brain injury. You have an existing staff member to support these clients.
3. You are talking with the staff member about the importance of building independence in working with people with acquired brain injury.
4. What are some of the points you make?

ANDREW'S STORY



EMOTIONAL SUPPORT AND WELLBEING

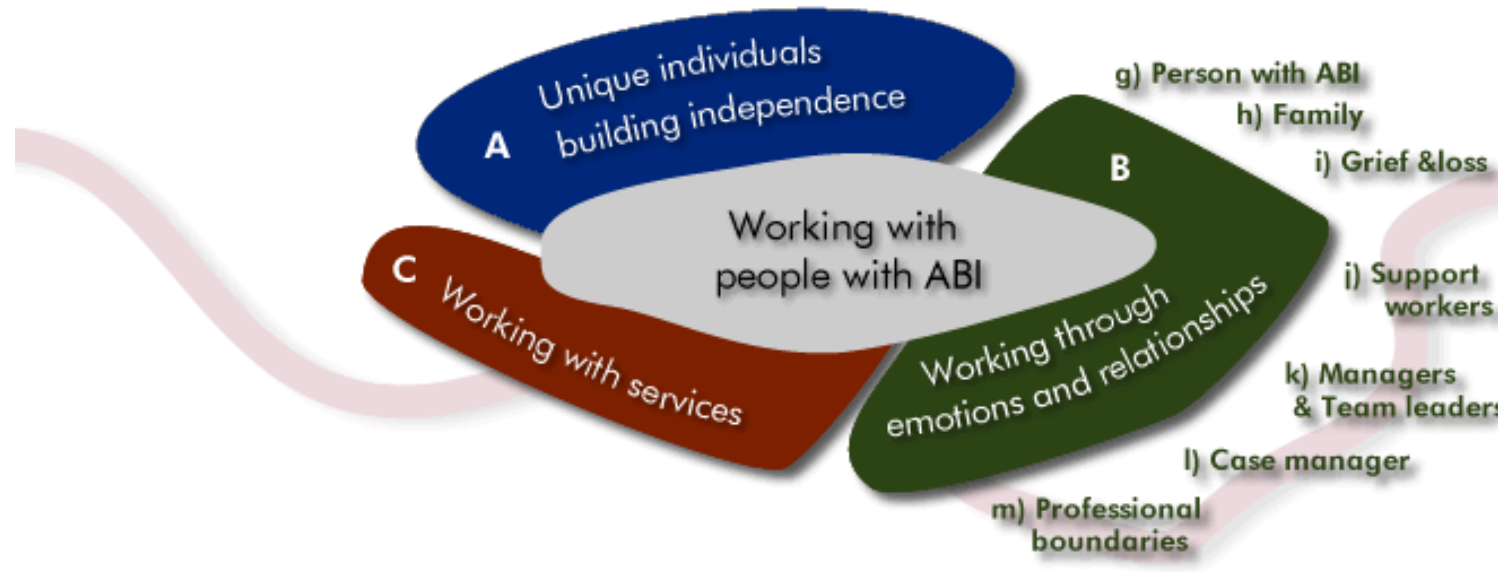
Supporting someone's emotional wellbeing is just as important as assisting with their physical needs. People with ABI often feel isolated, depressed, or frustrated with their limitations. Your role includes offering emotional support by being patient, empathetic, and encouraging them to stay connected to family, friends, and community.

What You Can Do:

- **Encourage Social Interaction.**
- **Offer a Listening Ear.**
- **Recognize Their Achievements**

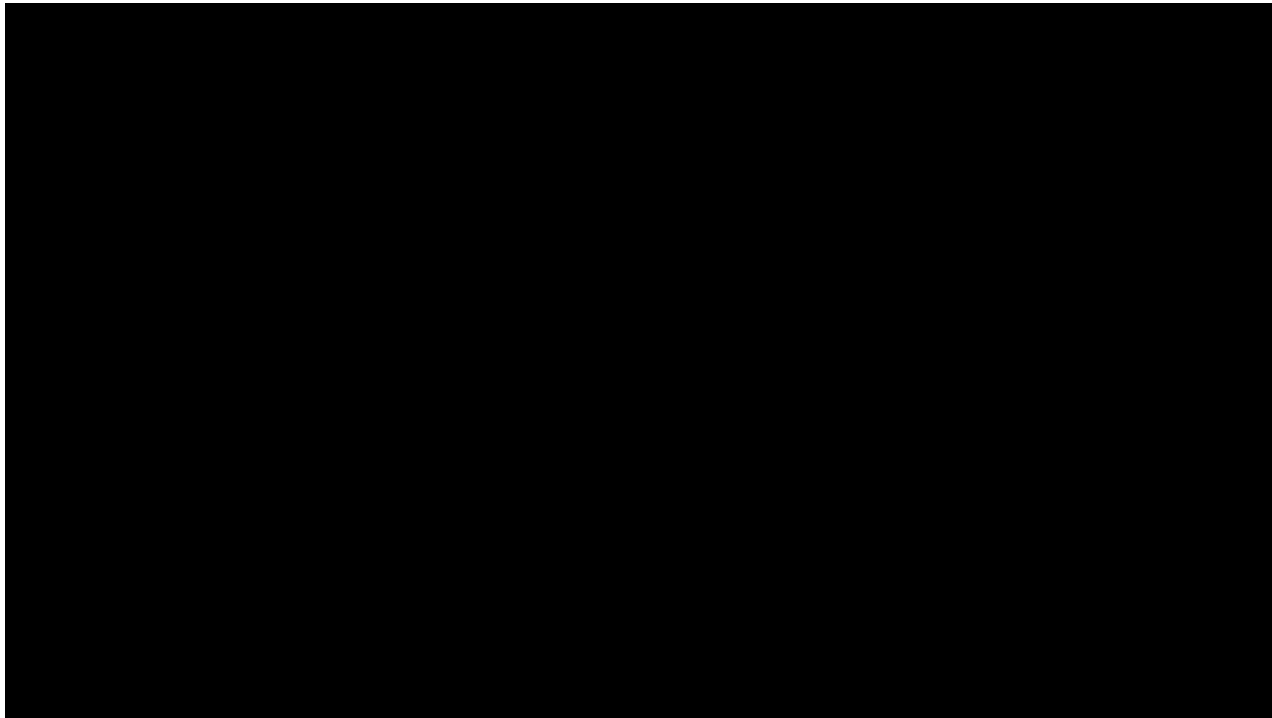


EMOTIONS & RELATIONSHIPS



EMMA'S STORY

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EMMA'S COMMUNITY SUPPORT WORKERS ROLE?

- What is Emma's Community Support Workers role?
- Does Emma have a choice of Support Workers?

MANAGING BEHAVIOURAL CHALLENGES

ABI can also affect emotional regulation, leading to frustration, anger, or anxiety. These behaviours can be difficult to manage, but understanding the root causes is important. They may be frustrated because they can't express their thoughts clearly, or anxious because they've lost independence.

- **Strategies for Managing Behaviour:**
 - **Stay Calm and Supportive:**
 - **Use Positive Reinforcement:**
 - **Set Clear, Consistent Boundaries**



DEALING WITH PHYSICAL LIMITATIONS

Many individuals with ABI experience physical challenges, such as difficulty with coordination, walking, or using their hands. As support workers, you'll often help with tasks like personal care, mobility, and ensuring their environment is safe.

Practical Tips:

- **Assist with Mobility**
- **Safe Environment**
- **Adapt Daily Tasks**



POST-TEST

The Post-Test is a way of checking what you know before you start The Pre-Test includes 5 multiple choice questions. It is quick to do.

[Module 2 POST Test](#)

WRAP-UP

Summary:

- ABI affects cognition, mobility, and emotional well-being.
- Effective rehabilitation focuses on individualised care and long-term community integration.
- Strategies and Approaches.



Q&A

Thanks for listening

