

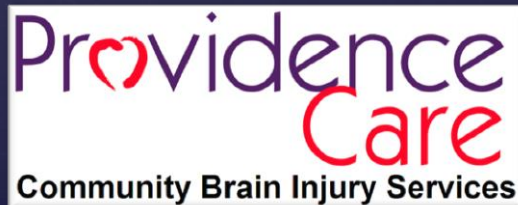
Post Concussion Action Group Session 1 Setting Goals with Planning and Pacing



Facilitated by:

Rachael Henry, ABI System Navigator

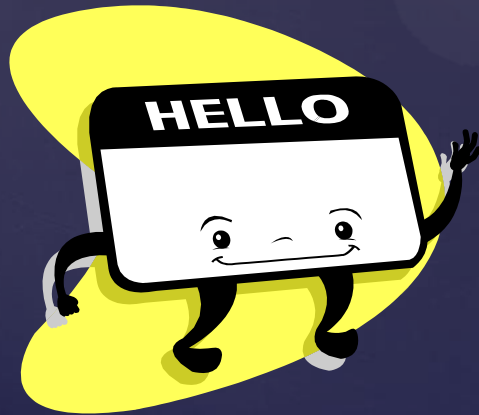
Dr. Martin Logan, Neuropsychologist, CBIS



Welcome!

Let's start with some introductions.

In 2 minutes or less, please share:



- Your first name
- What you hope to learn from the group

What happens during a
concussion video:

[https://www.youtube.com/
watch?v=tgChTeALF7g](https://www.youtube.com/watch?v=tgChTeALF7g)

Post Concussion Symptoms

Thinking

- Attention and Concentration
- Memory
- Staying Organized
- Thinking clearly
- Solving Problems



Emotions

- Irritability
- Depression
- Anxiety
- Anger
- Effects of Alcohol & Drugs



Physical

- Dizziness & Nausea
- Balance problems
- Sensitivity to light or sound
- Ringing in Ears
- Fatigue
- Headache



Energy

- Sleep Problems
- Mental Fatigue



Problems
With

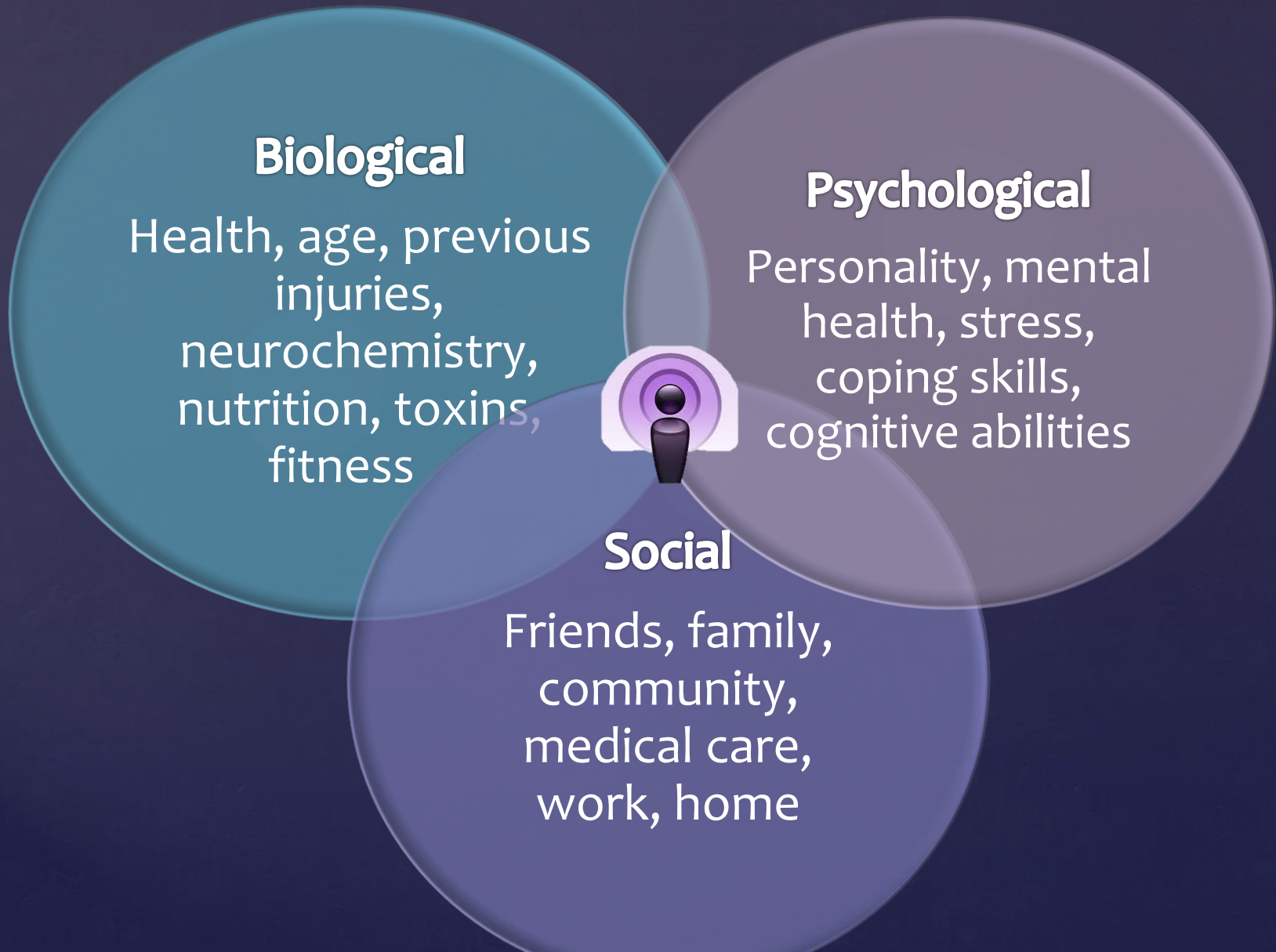
Recovery

Although most people with concussions recovery quickly, approximately 15% of people will experience symptoms for 3 months or more after their injury.

If your recovery is a long one, there are still many things you can do to help yourself get better.

What is recovery??? Being active in life?

The “Bio-Psycho-Social Approach”



Setting Goals and Achieving Roles

What is a goal/role and how can we use them to make a difference in our daily life?

Energy Management Strategies

What is Fatigue?

- Different symptoms for different people
- The result of overexertion
- Not just feeling sleepy – can mean other symptoms emerge such as pain, pressure, inability to pay attention, low mood, poor coping, etc.

The Gas Tank

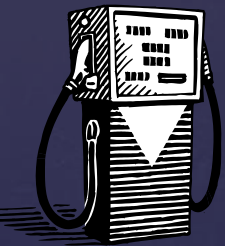


- The energy you require each day is like the gas in your car.
- When you run out, you need to refuel
- How quickly you run out depends on a number of factors: driving conditions, how fast you're going, using additional resources (AC!), whether it was filled up to begin with...

When you run out of gas...



- It can result in a crisis (stranded at the side of the road)

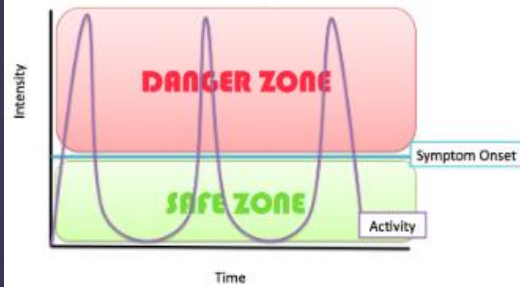


- Or a routine stop (going to the gas station)

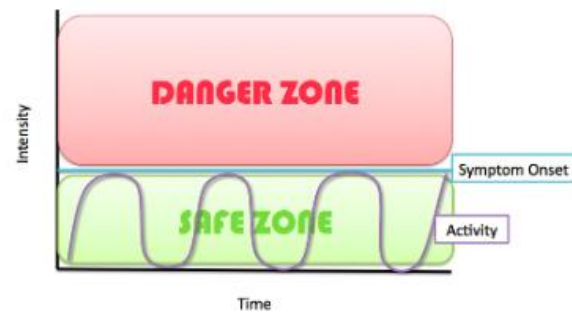
What makes the difference is how you anticipate and plan

PACING

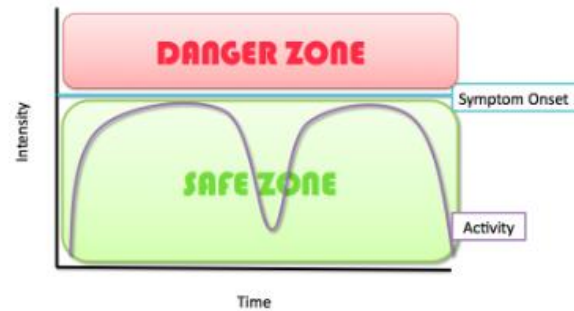
Current Activity Pattern



Target Activity Pattern



Long Term Activity Goal



Strategies:

from Becky Moran, OT

- Pace and plan your day, including rest!
- Build in breaks (15 min per hour to start)
- Alternate types of activities between thinking (high cognitive demands) and doing (high physical demands)
- Reduce activities that cause symptoms (Eg. TV, Computer, Radio)
- Maintain routines, exercise, good sleep patterns, and nutrition

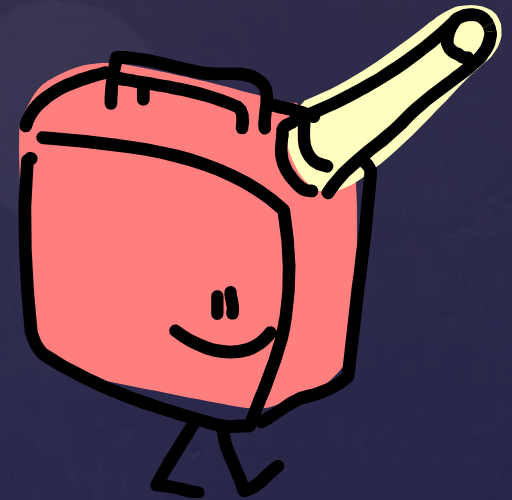
Gas Guzzlers:



- Talking (the more people the more taxing)
- Visually stimulating environments (think of a trip to a busy grocery store!)
- Driving
- Activities and environments that require “filtering”
- Cognitive tasks requiring attention, concentration or so-called “multi-tasking”
- Physical activity – do some, but go easy on yourself!

Ways to fill your tank up:

- Rest
- Peace & quiet
- Relaxation exercises, meditation, yoga
- Sleep
- Healthy food
- Alternating activities
- Planning activities in ways and times that reduce demand
- Knowing your limits and planning appropriately
- Maintaining routine and balance



More about Planning:

- Look at your demands on a daily and weekly basis
- Identify priorities & fixed plans and arrange other activities accordingly
- Write it down in a dayplanner
- Don't overload yourself all on one day
- Use a “Points” system

What's a Points System?

More credit to Becky Moran, OT

Like “Weight Watchers “ Points – a way to keep a limit on what you do. Consider the demand of each activity and assign a point value. Put a cap on the number of points used each day. As time passes you can gradually increase the # of points each day.

Considerations:

- Complexity (require thinking)
- Auditory & visual stimulation
- How much talking you are doing
- How much filtering is required
- Visual processing

A correct tally includes:

- Every task has a value (even “free time”, watching TV, etc)
- Depending on where you are in your recovery you can assign negative points for naps –but don’t over do this.
- Better to plan ahead rather than log after! Look to the day(s) ahead and lay out what you can reasonably accomplish
- Enlist your family members for help if needed. It also helps them to understand your limits.

Dayplanners:



- Provide a daily reference (look at it each morning)
- Help to track plans & appointments
- Manage “To Do” lists and accomplishments
- Use as a journal to track symptoms and notice patterns
- Carry it with you at all times
- Look at it often!

For Example

Paul has been struggling with controlling his moods ever since he sustained a concussion playing hockey. His wife has pointed out that he is more easily irritated by his 2 children and yells at them for minor problems. He wants to find a way to keep his moods under control. Paul makes it a role/goal to be a calmer dad.

Paul finds a strategy on the website to help him notice when he begins feeling irritable and some things he can say to himself to help keep calmer. He writes these things down on a card he carries in his pocket for a quick look.

