





Sample Training Materials

Michelle Ranae Wild




Coastline's ABI Program Overview

- Community college-based cognitive remediation program started in 1977
- Age range 18 – 75 years
- One-year program
- 16 hours per week
- Includes psychosocial skills, future planning, PDA training
- Serves students with mild to severe atraumatic and traumatic brain injuries


SMART DEVICE OVERVIEW



Smart Devices



Smart Device	Pros	Cons
iOS (15.7%)	<ul style="list-style-type: none"> • Consistent user interface across iOS devices (i.e., iPhone, iPod Touch, iPad) • App Store • Intuitive & easy to learn 	<ul style="list-style-type: none"> • Limited expandability
Android (22.7%)	<ul style="list-style-type: none"> • Extremely versatile • Expandable • Android Marketplace 	<ul style="list-style-type: none"> • Less intuitive than iOS • User interface varies based on OS and carrier
Windows Mobile (4.2%)	<ul style="list-style-type: none"> • Consistent user interface • Social Network integration 	<ul style="list-style-type: none"> • Newest OS • Limited apps

Market share data source: Gartner (Feb 2011)




Smart Device Apps

Native Apps	Additional Apps
<ul style="list-style-type: none"> • Calendar • Clock • Alarms • Timer • Stopwatch • Contacts • Notes • Maps • iPod • Photos • Safari 	<ul style="list-style-type: none"> • Pocket Informant • Awesome Note • Appigo ToDo • Breathe 2 Relax • TZ Mood Tracker • QuickOffice • EverNote • OneNote • Pocket Money or Expense • 1Password • CamCard





THE MAKING COGNITIVE CONNECTIONS® APPROACH



Making Cognitive Connections Description


- Emphasizes the benefits of smartphone devices as memory/cognitive prosthetic devices.
- Teaches the fundamental technical skills necessary to operate a smart device while simultaneously drawing a parallel to the cognitive skills that underlie the development of those technical skills.
- Focuses on the cognitive skills required to use the device and then has the users apply those same cognitive skills to their everyday lives making this approach practical, concrete, relevant, and transferable.



DVBIC Randomized Clinical Trial of Two Rehabilitation Approaches

(Vanderploeg et al, 2008)


Functional-Experiential	Cognitive-Didactic
The emphasis was on giving participants hands-on practice doing everyday tasks	The emphasis was on helping study participants relearn thinking skills
Outcome	
<p>“Our results show long-term functional improvements in both groups.”</p> <p>The researchers tested participants’ cognitive abilities and everyday functioning before and after treatment and one year later. Among the findings:</p> <ul style="list-style-type: none"> Overall function was similar between the two groups after one year. Immediate post-treatment cognitive function was better in the cognitive group. Younger patients (those age 30 or under) in the cognitive arm had a higher rate of return to work or school than their age peers in the functional arm. 	



Making Cognitive Connections Examples

Skill	Definition	Smart Device Example	Life Examples
Attention to detail	Paying attention to all parts of a task, no matter how small	Find the GPS button; put the stylus back into its storage location	Check your writing for typographical errors; find spots on laundry to spray before washing; put your keys back into their storage location
Recognizing Visual Similarities and Differences	Distinguishing elements that are the same (or different) in color, shape, size or position	Distinguish between the Calendar’s Day and Week views	Distinguish between two similar but unmatched socks; distinguish between closely sized drill bits

Market share data source: Gartner (Feb 2011)





SAMPLE TRAINING MATERIALS




Sample MCC Materials

Cognitive Skills	MCC Example
<ul style="list-style-type: none"> Attention to Detail Visual Organization Visual Memory Similarities & Differences 	<p>Orient yourself to the external controls of the iPod Touch. Identify the location, size, shape, etc. of the various controls:</p> <ul style="list-style-type: none"> Home Button Wi-Fi Antenna Volume Button Sleep/Wake Button <p>Choose an electronic device you are familiar with (e.g., PDA, smartphone, cell phone, computer, etc.) and identify several of the visual details of the device.</p> <ul style="list-style-type: none"> Identify the device Identify any similarities and differences between the iPod Touch and the device you identified previously




Sample MCC Materials

Cognitive Skills	Additional Apps
<ul style="list-style-type: none"> Organization Planning Time Management Memory Sequencing Relevance 	<p>Identify two scenarios from school or work in which you would benefit from setting an alarm. Include relevant information for each of the alarm fields, i.e.:</p> <ul style="list-style-type: none"> an appropriate time for the alarm to go off whether the alarm will repeat the sound the alarm will make whether the snooze will go off or not the label for the alarm. <p>Explain why the alarm is important enough to set along with your reasons for the specific settings.</p>




Sample MCC Materials

Cognitive Skills	MCC Example		
<ul style="list-style-type: none"> • Attention to Detail • Visual Organization • Memory Cues • Critical Thinking 	Use the following matrix to help orient yourself to the various Calendar views and to establish some memory cues to help you remember the layout of each of the views.		
	List View	Day View	Month View
	List details about each Calendar view		
	Identify several memory cues to help you remember the layout of each Calendar view		




Sample MCC Materials

Cognitive Skills	MCC Example
<ul style="list-style-type: none"> • Critical Thinking • Planning • Organization 	Below are some typical activities you might schedule. What are the appropriate alert times for you, given your unique situation? Remember, there are many factors that can play a role in the amount of time you need to give yourself with regards to setting an appropriate alert time, such as: freeway traffic, distance from appointment, whether anyone else is involved in the appointment, etc.
	<ul style="list-style-type: none"> • Doctor's appointment • Go to gym for a fitness class • Meet a friend for a movie • Watch your favorite show on television • Your mother's birthday is coming up and you need to get her a present



Sample MCC Materials

Cognitive Skills	MCC Example
<ul style="list-style-type: none"> • Organization • Critical Thinking • Problem-solving • Relevant/Irrelevant 	For each scenario given below, identify what information should be entered in each field of the Add Event screen.
	You've been invited to a surprise party for your friend Bill one week from Saturday. Don't be any later than 7:00 PM or you will spoil the surprise! The party is at Benny's Restaurant, which is about 25 minutes from your house. The private room at Benny's has been reserved until 10:00 PM.
	<ul style="list-style-type: none"> • Title • Location • Starts • Ends • Repeat • Alert • Notes




TESTIMONIALS




Michelle Ranae Wild

michelle@id4theweb.com

(949) 310-3202

