



**Acquired  
Brain Injury  
Network**

**November 3-4, 2008**  
*Hilton Toronto • Toronto*

## **Conference Presentation Abstract ~ Workshop**

**Date/Time/Room:** Tuesday, November 4, 2008 1:00 pm – 1:45 pm Toronto III

**Abstract ID:** 7b

**Title:**

### **Time for Ch'i: Energizing the Rehab Process in the Community**

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**Presenters:**

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**Summary:**

An important step towards greater independence and participation in community activities for an individual with an acquired brain injury is being able to achieve goals. Often the process of setting goals and implementing daily tasks can be overwhelming for clients with executive functioning impairments. It is important to promote an environment that is conducive to learning by proactively planning and prioritizing goals, creating interesting and novel opportunities for learning, and providing clients with useable information in manageable chunks. This practical workshop will focus on how to work through the steps needed to successfully set and achieve client-centered goals and the roles of both the client and therapist in the goal setting process. We will use a variety of fun, experiential activities to demonstrate a) how important it is for clients and therapists to find (their yin yang) a balance between the planning and implementation of tasks, b) the effective use of task analysis, c) considerations and strategies for overcoming barriers to goal achievement, and d) the importance of ongoing evaluation, self-reflection, modification and use of creativity. Goal Setting is an ongoing process that is accomplished over time and can be successful when all participants are engaged and motivated to achieve a positive Ch'i.

**Outcomes/Objectives:**

During this interactive workshop, participants will:

- Learn ways to engage clients in the goal setting process by understanding motivators and barriers
- Gain an understanding of the elements to simplifying task analysis
- Learn how to apply task analysis in a functional manner that will lead to increased opportunities for generalized skill development
- Learn how to find the "just right" fit for prompting and cueing...think simple, clear and clutterfree