

## Accommodations for Individuals with Brain Injury

Challenges	Suggested Accommodations
<b>Problems with Attention</b>	<input type="checkbox"/> Work only on one task at a time. <input type="checkbox"/> Have client participate in discussion and development of plan. <input type="checkbox"/> Limit distractions (both visual and verbal). <input type="checkbox"/> Meet in a quiet environment
<b>Problems with Processing Information Quickly</b>	<input type="checkbox"/> Allow additional time to answer questions. <input type="checkbox"/> Speak slowly, making sure client understands. <input type="checkbox"/> Offer assistance with completing written forms. <input type="checkbox"/> Allow additional time to complete forms.
<b>Problems with Memory</b>	<input type="checkbox"/> Provide written documentation, when possible, to supplement verbal discussion. <input type="checkbox"/> Present new information in small, concise chunks. <input type="checkbox"/> Encourage client to write down instructions/information in one notebook. <input type="checkbox"/> Check client's understanding by asking for a restatement of information provided. <input type="checkbox"/> Provide cues to help client recall information. <input type="checkbox"/> Do not assume he/she will remember information you provided in earlier meetings. Review previous goals/meetings. Inconsistency is a hallmark of brain injury. <input type="checkbox"/> In addition to the client using a calendar, provide reminder phone calls for appointments.
<b>Problems with Planning, Organizing and Self-Control</b>	<input type="checkbox"/> Present information in a factual manner, avoiding abstract concepts where possible. <input type="checkbox"/> Provide a few solutions to a problem and encourage client to make the best choice. Engage in problem solving. "What would happen if..?" <input type="checkbox"/> Provide written direction that summarizes steps to be followed in the plan.
<b>Problems with Communication</b>	<input type="checkbox"/> Limit use of open-ended questions. Use yes/no format, structured, or multiple choice where possible. <input type="checkbox"/> If client wanders off topic, redirect to topic at hand. <input type="checkbox"/> Cue client with beginning sounds of words if client has word-finding difficulties.
<b>Emotional Challenges</b>	<input type="checkbox"/> Don't interpret a lack of emotion as a sign of lack of interest. <input type="checkbox"/> Minimize anxiety with reassurance, education, and structure. <input type="checkbox"/> Provide neutral, but direct, feedback if client behaves inappropriately. <input type="checkbox"/> Suggest breaks or other activities if client becomes irritable or agitated. <input type="checkbox"/> Don't interpret poor follow-through or forgetfulness as resistance.

*This was adapted from the Alabama Head Injury Foundation Information Sheet.*