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Title of Workshop:

Total Health for Chronic Moderate-to-Severe Brain Injury: Maximizing Function and Quality of Life through Community-based Physical, Cognitive, and Social Programming

Detailed description:

This workshop provides an update on (1) the science-base for community-based programming to maximize physical, cognitive, and social health of individuals with moderate-to-severe disabilities from brain injury; (2) outcomes used to measure benefits of participation in community-based programming; and (3) challenges and supports to program sustainability and outcomes.

Outline of 90 minute program

10 minutes – Introduction (PPT)

20 minutes – Physical Fitness Programming: (PPT, video, Q&A)

20 minutes – Cognitive Fitness Programming (PPT, Q&A)

15 minutes -- Social Fitness Programming (PPT, Q&A)

15 minutes – Summary, Challenges and Supports (PPT)

15 minutes – Q&A

Workshop goal:

The goal of this workshop is to support informed decision-making for and by individuals with brain injury living in the community and the programs and professionals that seek to maximize health, function, and quality of life for this chronic population.

Workshop learning objectives:

Following this presentation, participants will be able to:

- Describe community-based programming to maximize health and function for individuals with chronic moderate-to-severe brain injury
- Describe the science behind this type of community-based programming
- Describe measures for and outcomes from this type of community-based programming
- Make informed decisions about supporting, providing, and participating in community-based programming for this population