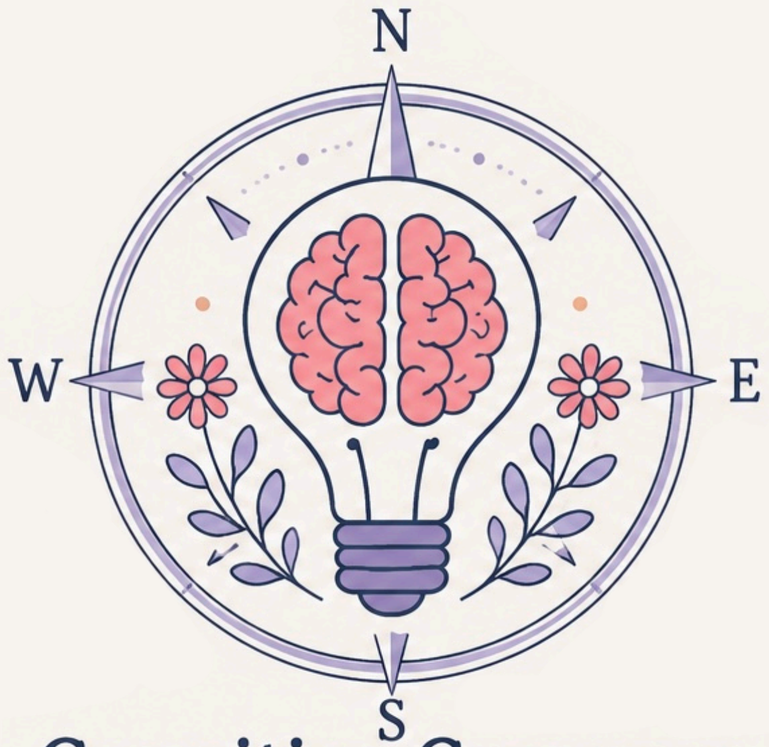
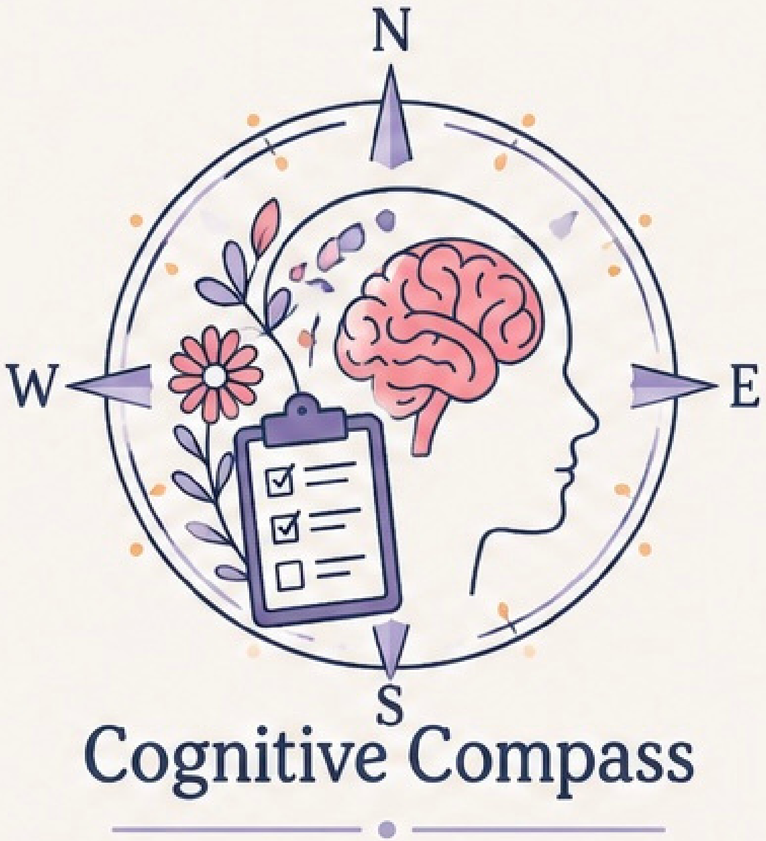


Cognitive Compass

Let your strengths guide you

Group: Traumatic Brain Injury (TBI)

Zita Kalandarishvili, Angie Orozco, Gabriel Bagdonoff, Daniel Kim



What is TBI?

- A traumatic brain injury (TBI) occurs when an injury damages the brain.
- TBI can affect cognition, memory, attention, sequencing, judgment, and safety awareness.
- Individuals with TBI may experience increased fall risk and difficulty performing ADLs safely and independently.

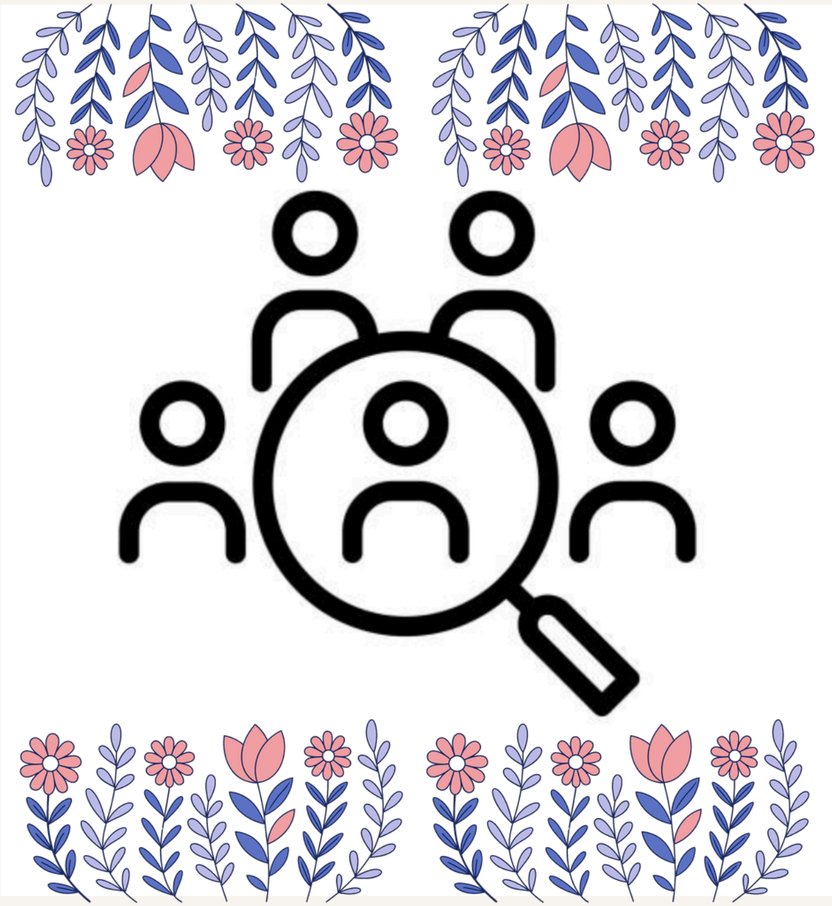
Why is this important in OT?

- OT focuses on improving independence, safety, and functional performance during everyday activities.

Population

The *Cognitive Compass* group focuses on:

- Adults ages 18–65 with TBI
- Mild to moderate cognitive impairment
- Increased fall risk
- Difficulties with:
  - sequencing
  - attention
  - safety awareness
  - task organization
- **Allen Cognitive Level (ACL) of 4 or higher**



Allen Cognitive Disabilities Frame of Reference



- Allen’s model identifies a client’s current cognitive level and functional abilities.
- Focuses on remaining abilities rather than limitations.
- Uses structured tasks, repetition, and graded cues to support participation.

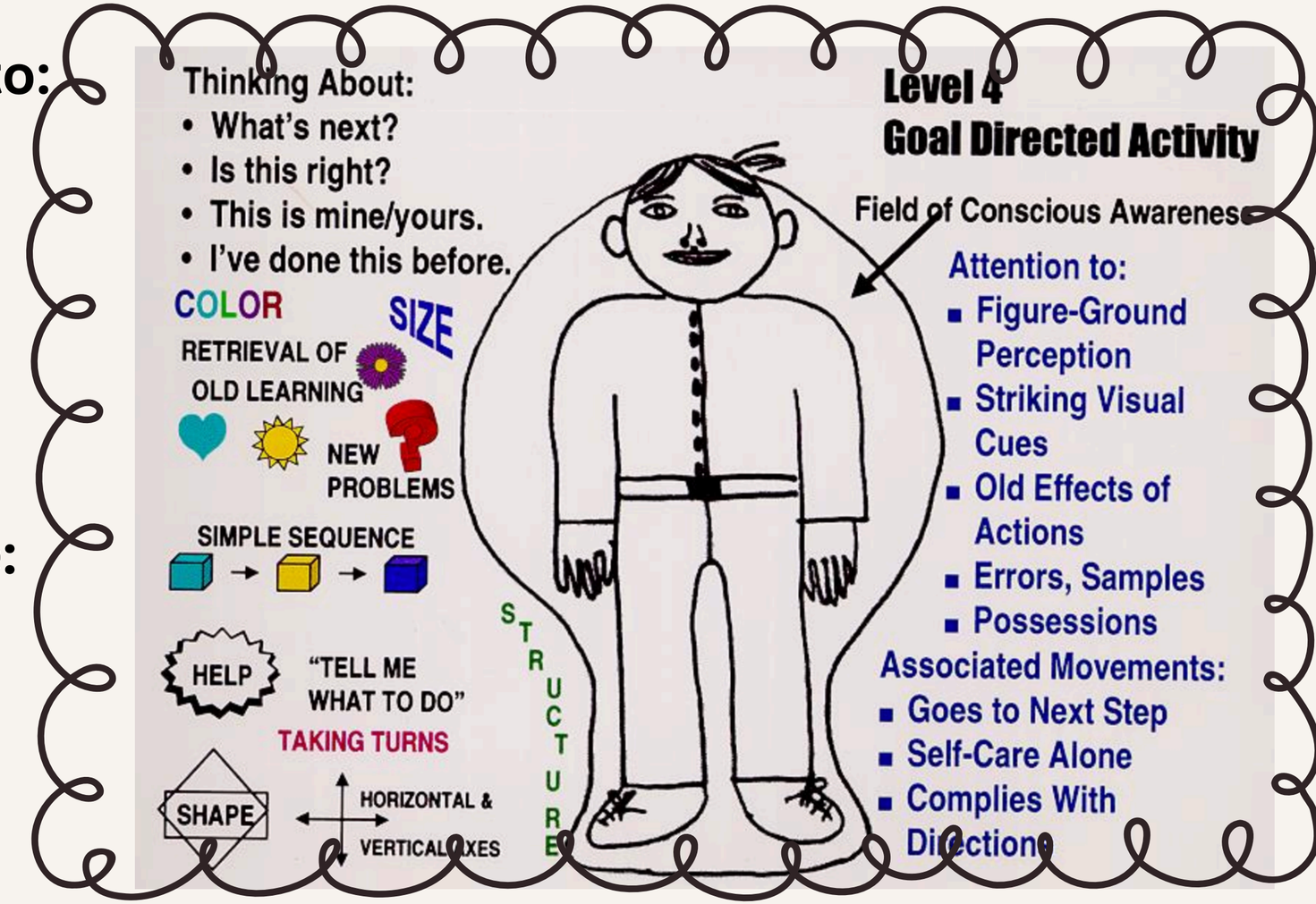
Why ACL 4+ for group membership?

Individuals at ACL 4+ are often able to:

- Complete familiar goal-directed tasks
- Follow visual cues and demonstrations
- Participate in structured routines

However, they may still demonstrate:

- Decreased safety awareness
- Sequencing deficits
- Difficulty with problem solving
- Difficulty identifying hazards



Group Goals

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Short-Term Goals

- Identify 5 environmental hazards
- Complete a morning routine using a checklist
- Complete a 6-step recipe using a visual sequence board

Long-Term Goals

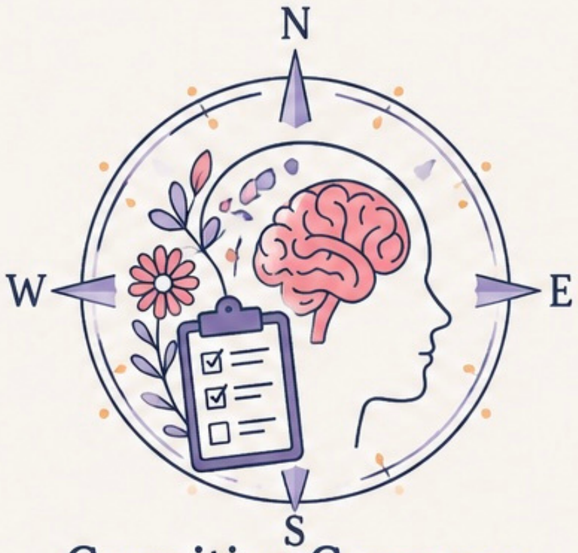
- Identify 8 environmental hazards
- Complete a full-day routine using a checklist
- Complete a 10-step recipe using a visual sequence board



Session Overview

- *Cognitive Compass* is a 6 session intervention group designed to improve safety awareness, sequencing, and independence during ADLs and IADLs.
- We will meet 1x per week for 1 hour each session.
- Throughout the program, participants work on identifying environmental hazards, completing structured routines, and performing multi-step functional tasks such as meal preparation.

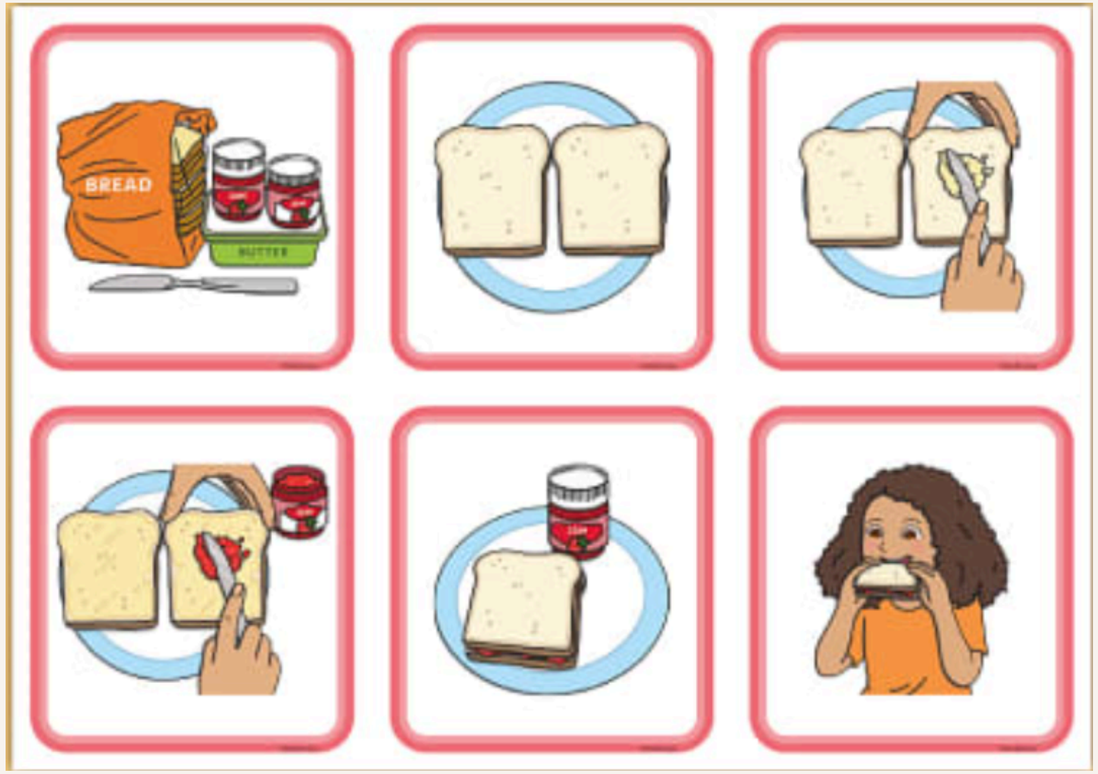




Session Overview

Session	Focus
#1	Hazard Identification
#2	Morning Routine Sequencing
#3	6-Step Recipe Meal Prep
#4	Advanced Hazard Identification
#5	Full Day Routine
#6	10-Step Recipe Meal Prep

Session #3
Complete a 6-step recipe



Activity: Structured Meal Preparation

Group members will prepare a simple snack (e.g. sandwich, cereal, tea) while using a visual sequence board.

COGNITIVE COMPASS

Session #2
Complete the morning routine



Activity: Step-by-Step Challenge

Group members will be given mixed-up routine cards and asked to place them in the correct order.

Session #1 (Today)
Identify hazards



Focus:

- Safety awareness
- Hazard identification
- Problem solving
- Environmental scanning

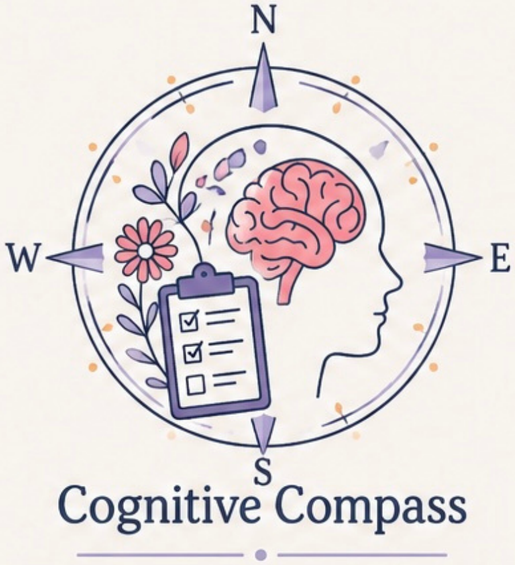
Activities:

- Hazard identification in ADL settings
- Error detection
- OTP demonstrations
- Group discussion and debrief

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What to expect today

- You will be divided into **4 groups** and receive warm-up handouts.
- Each group will rotate through **4 stations**:
  - Bedroom
  - Bathroom
  - Kitchen
  - Office
- **Round 1:** OTPs will present scenarios involving environmental hazards. Group members will observe OTPs performing unsafe ADL tasks and identify the hazards.
- **Round 2:** Group members will independently scan the environment for hazards and (problem solve) fix them.
- **Group members will rotate every 5 minutes.**



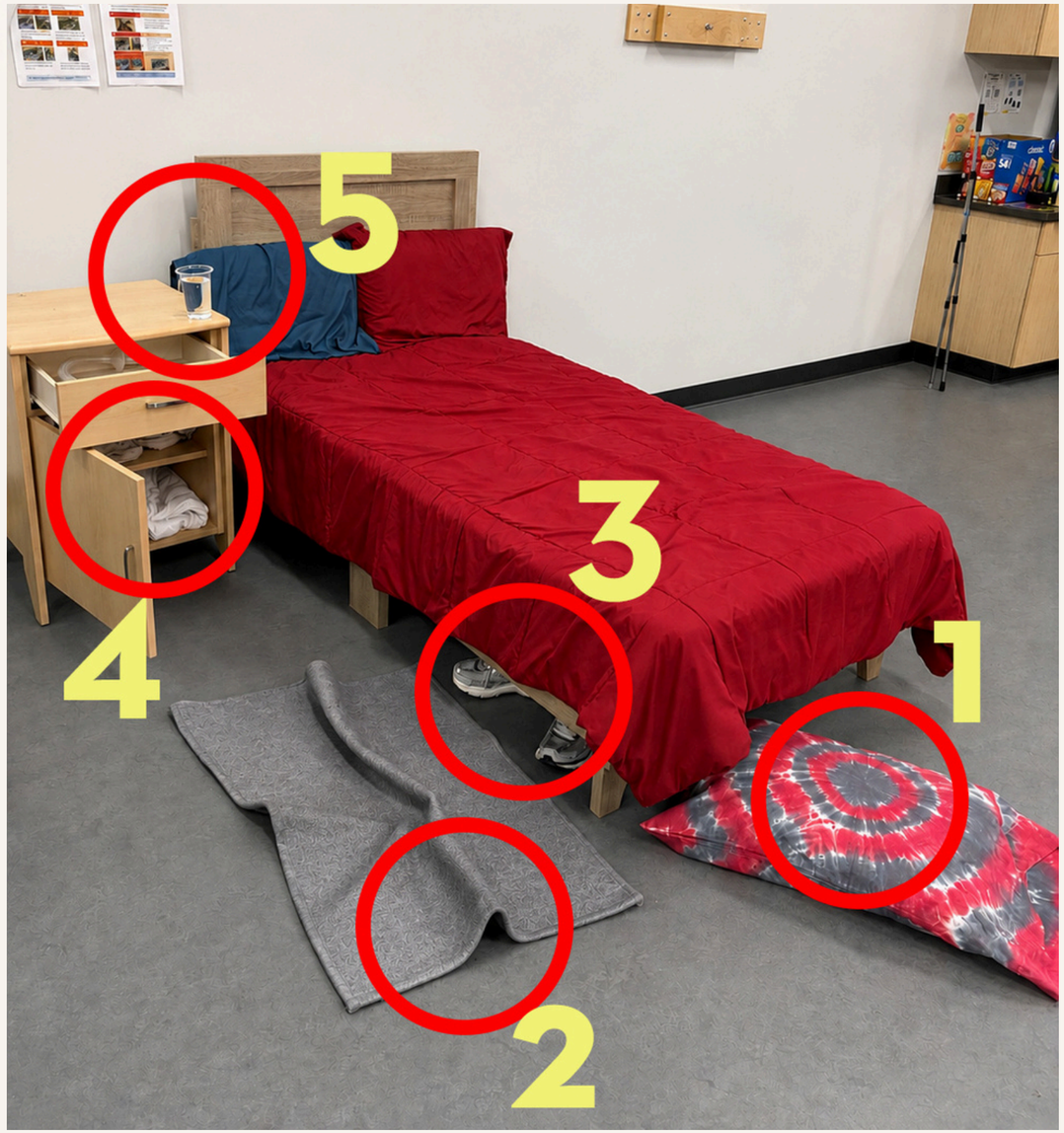
Debrief Questions



- Which hazards were easiest to identify?
- Which hazards were more difficult to notice?
- Did seeing the hazards more than once help improve awareness or recall?
- How can these hazards increase fall risk during daily activities?
- What strategies can improve safety within the home environment?

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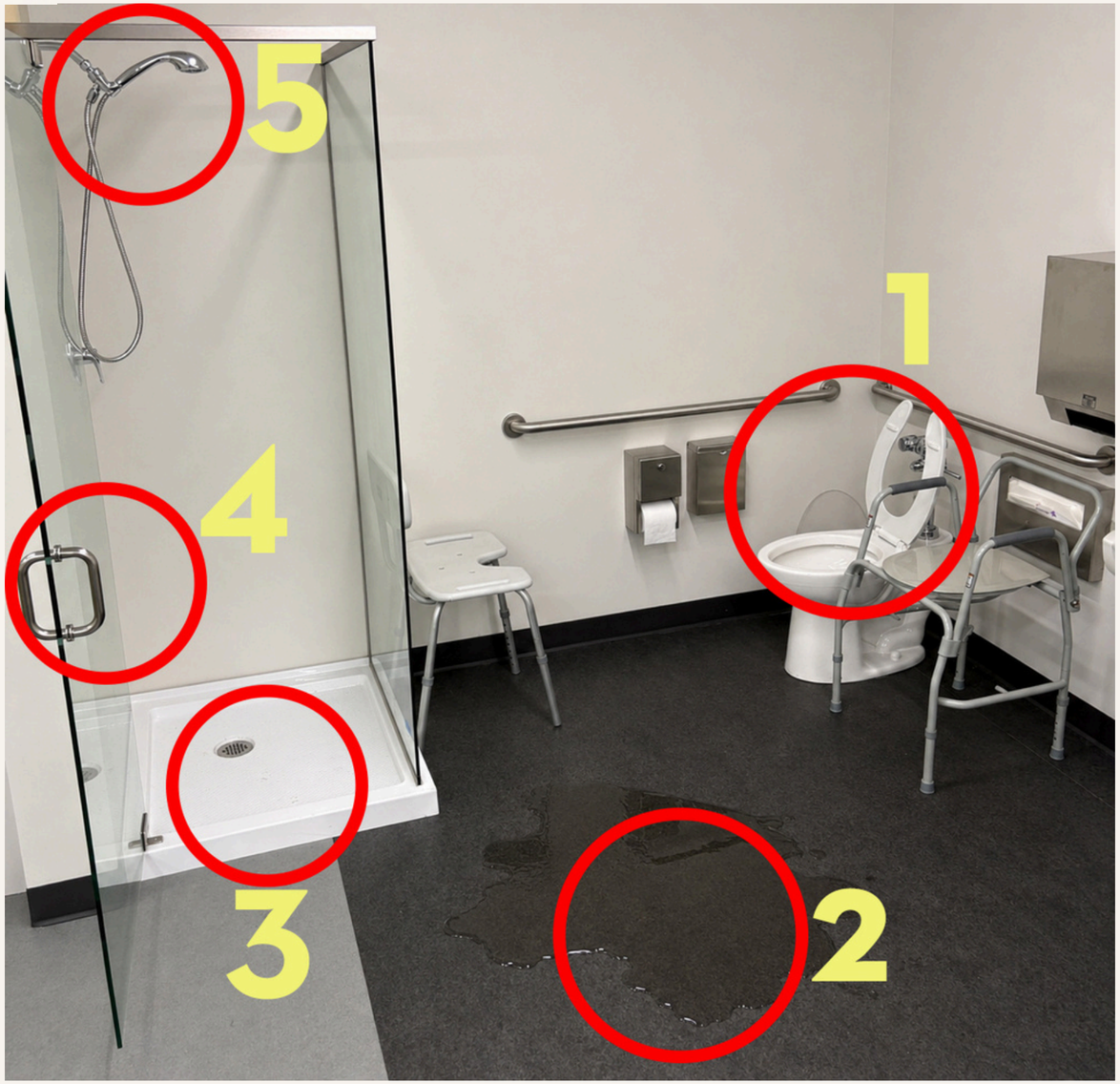
Bedroom Hazards Answer Key



1. Pillow left in the walkway
2. Rug folded in the walkway
3. Shoes left under the bed
4. Bedside cabinet door left open
5. Water placed near edge of bedside table



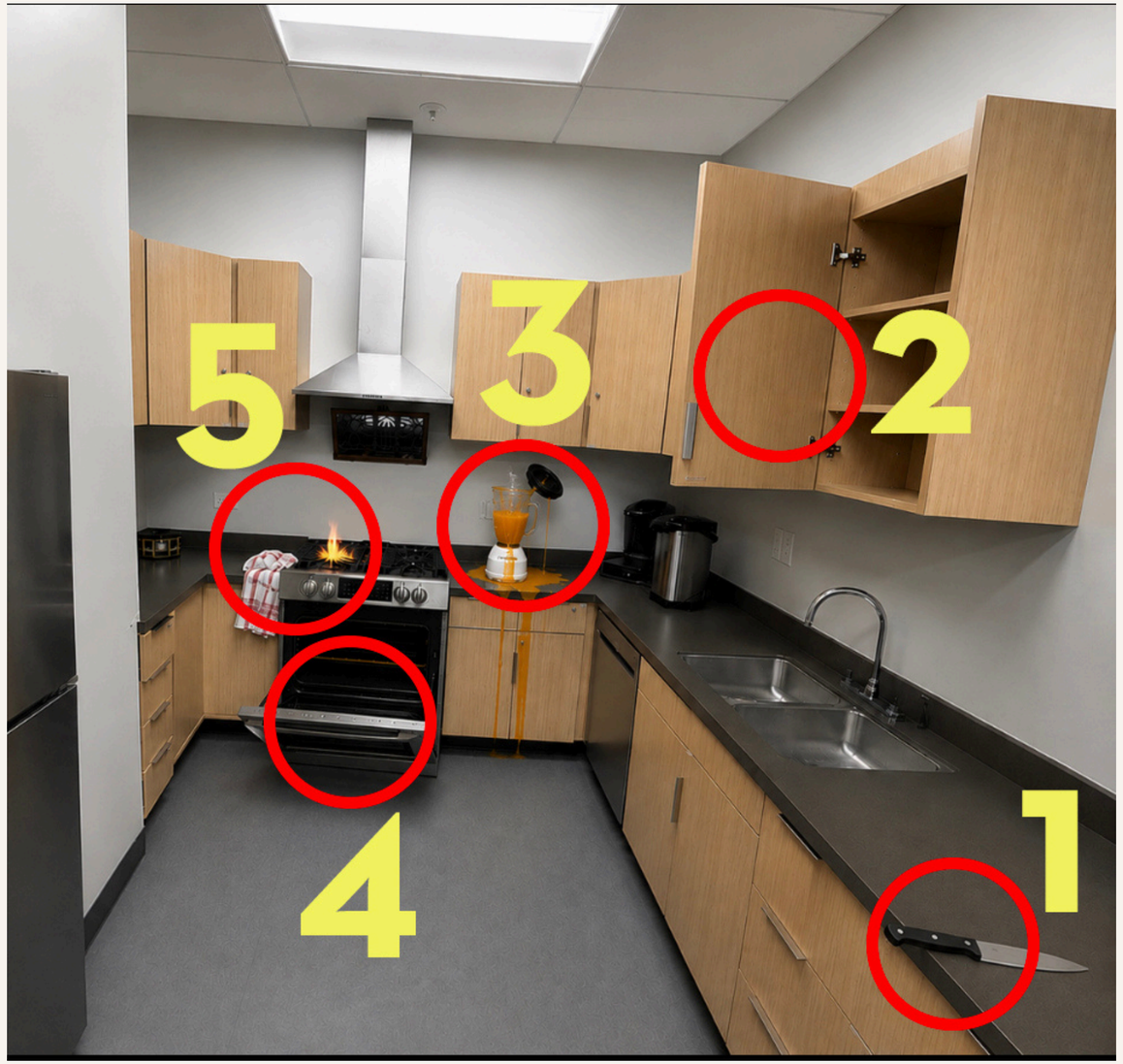
Bathroom Hazards Answer Key



1. Raised toilet seat not secured properly
2. Water spilled on the floor
3. Anti-slip bath mat missing from shower
4. Glass shower door left opened
5. Shower head facing toward user before turning on water

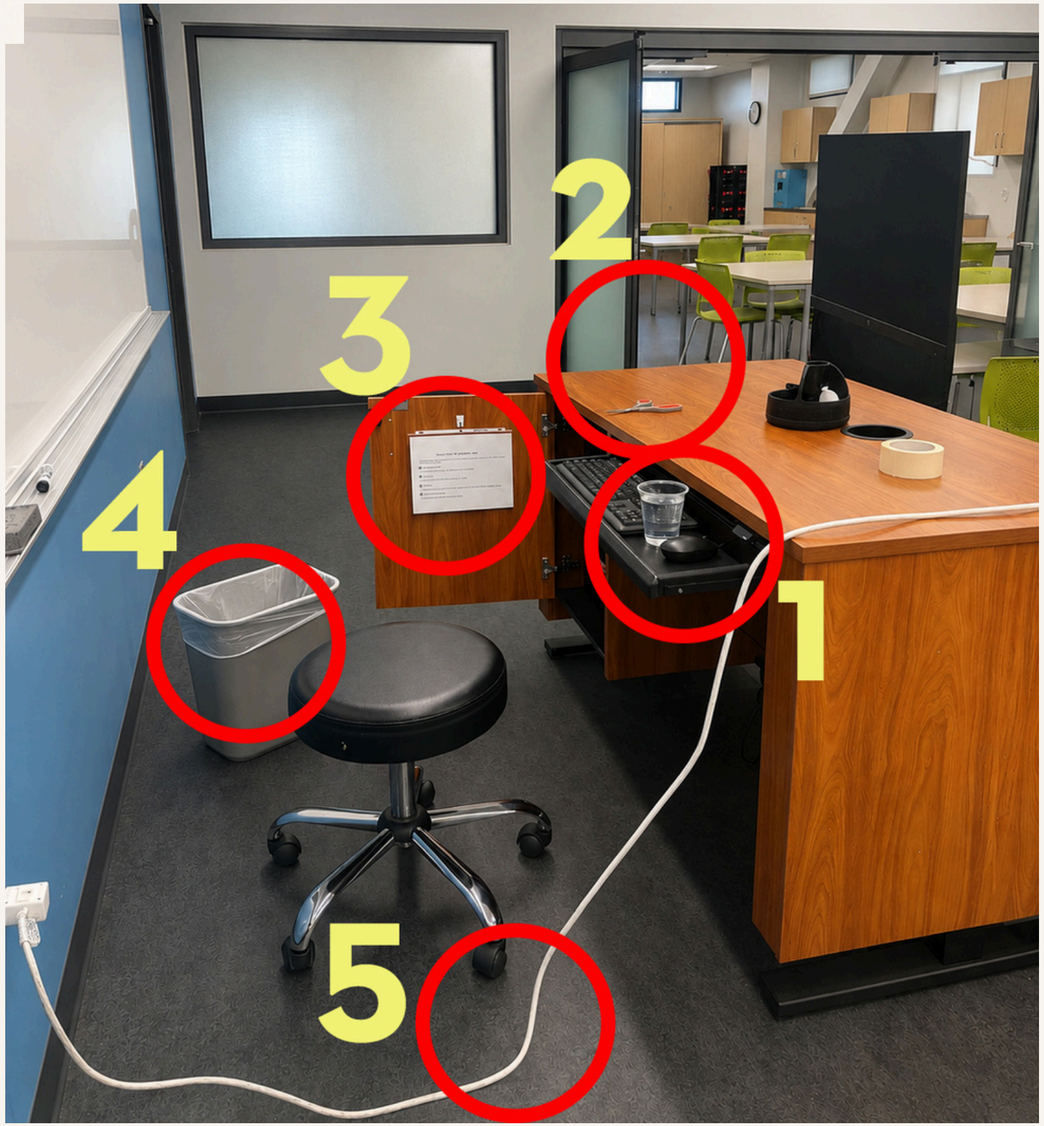


Kitchen Hazards Answer Key



1. Knife placed near the edge of the counter
2. Cabinet door left open
3. Blender lid not securely closed
4. Oven door left open
5. Cloth place near an open flame

Office Hazards Answer Key



1. Cup of water placed near electronics
2. Scissors placed near the edge of the desk
3. Desk cabinet door left open
4. Trash bin placed in the walkway
5. Electrical cords across the walkway



Thank You

Recovery is not only about healing the brain, but also rebuilding confidence in everyday life.

