

OT Hacks by Karen Thorp OTR/L

External Compensatory Strategies

- Adapting the environment-by keeping a notepad by phone, use a large visual cue such as a whiteboard to grab one's attention
- Have a place for everything
- Get into a routine
- Improve wellbeing and reduce stress
- Use a memory book, calendar, or whiteboard
- Make lists-also pre-made lists with fill in the blanks for extra items
- Use mobile phone for its calendar, reminders, and other helpful apps
- Use alarms for medication reminders
- Use a timer to set pre-determined times for activities
- Use post it notes for simple visual reminders



"The Brain Injury Workbook: Exercises for Cognitive Rehabilitation" 2nd edition by Trevor Powell (2014).



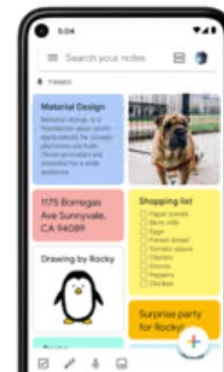
Appointments:

- Issue: forgetting, wrong date, times, difficulty organizing home
 - Memory book with calendar
 - White board
 - Use of calendar, phone, etc.
 - Apps: Google Keep
 - Doing certain tasks on a specific day-grocery shopping Tuesdays; laundry Mondays, etc.

Weekly schedule

Name:

Time / period	Monday	Tuesday	Wednesday	Thursday

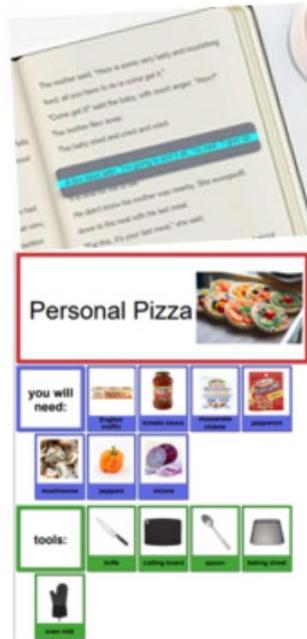


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Cooking:

- Issue: meals burning, difficulty with timing
 - Take out all ingredients and placing on counter
 - Using visual anchor on recipe
 - Turning items over or returning after use
 - Multi-event timers
 - Visual cues-such as sign (for BBQ)



Grocery Shopping:

- Issue: buying repeat items, forgetting items, wandering in the store
 - Lists (written, phone)
 - Pre-made or visual lists (following the store layout)
 - Placement of list-fridge OR place a person sees often
 - Looking at the list-practicing an internal memory strategy- checking list prior to check out

Grocery Store List

Fruit:

Bananas
Oranges
Apples
? sale fruit

Meat:

Sausage or hamburger
Fish or chicken or pork

Additional veggies:

Diary:

Eggs
Half and half
Milk
Cheese
Yogurt

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Medications

- Issue-forgetting, taking too late:
 - Alarms
 - Pill packs
 - Pill boxes (epill)
 - Pill dispensers (MedMinder)



How to video chat friends

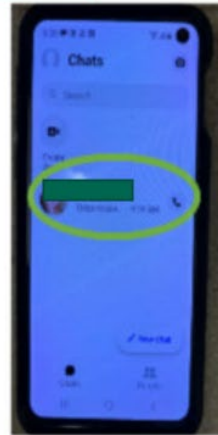
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Technology

- Issue: forgetting how to access....zoom, email, remote, etc.
- A picture says a thousand words
- Have a family member make a visual sequence strip



1. Open messenger



2. Click friend's name



3. Click video button

