



## Tips for Brain Injury Providers

### Things to do when staying in place

#### General Guidelines and Suggestions

- Hold weekly house meetings and brain storm things to do together and apart, create a weekly schedule based on consensus create, keep and share a daily and weekly schedule, post in multiple places ( residents rooms, common areas, on the kitchen fridge)
- Allow for individual choice, allow for 1:1 with staff if possible based on resident's choices

#### Education

##### Free educational on-line resources:

- Khan Academy, <https://www.khanacademy.org/> although directed at K-12 learners, there are courses on history, health and medicine and storytelling that may appeal to adult learners. Staff can sign up as “teacher” and go through the material in small groups. The story telling class melds story telling with creative graphics for example <https://www.khanacademy.org/humanities/hass-storytelling>
- [Very Well Mind](#)-List of online brain training websites
- LINKS Learning Center-adult learners <https://lincs.ed.gov/> , the Center has a Covid-19 imposed restrictions on learning activities <https://learner.lincs.ed.gov/>
- Puzzlemaker <http://puzzlemaker.discoveryeducation.com/>
- Youtube how to videos-look up keywords to learn a new skill
- [Interesting Engineering](#)-low technology activities to challenge your brain

#### Exercise

- Go for a walk around your neighborhood (and make sure you are at least 6 feet from anyone you pass who does not live with you). Per the Centers of Disease and Control and Prevention, wear a mask when out in the community.
- [Love Your Brain Foundation](#)-Free meditation and yoga session
- [How To: Exercise in a Wheelchair](#)-videos for seated exercise
- *Walk at Home*, Leslie Sansone's videos offer easy walking routines

<https://www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg>

- *Yoga with Adriene*, free yoga videos for all levels <https://yogawithadriene.com/>
- *Fitness Blender*, free fitness videos <https://www.fitnessblender.com/>
- *IvanaExercise*, three videos that feature exercise routines for those living with physical and intellectual disabilities [https://www.youtube.com/channel/UCPXE-jqHLk40IYltj\\_qX4dQ](https://www.youtube.com/channel/UCPXE-jqHLk40IYltj_qX4dQ)
- This article in the Huffington Post that features videos with exercises designed for people with disabilities [https://www.huffingtonpost.co.uk/entry/exercises-to-do-at-home-if-you-have-a-disability\\_uk\\_5878b3bfe4b0f3b82a37408e?guccounter=1&guce\\_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLnNvbS8&guce\\_referrer\\_sig=AQAAAKK\\_LiAUlrNnMxuDkb0YxPM2FMm9Tcjb3JEzWQ610DI0ClvULCWm5XvbvoakXuHTTaFzLVf1OUEUjiiNnTrD5Ld7WydKs2W5EsirXjjAxwBSBtyllxXXzgheGGoalcnk7BbkmPiFAIWizqEQKDYO\\_pgPYiAQeVoedUaNeRoyuYs](https://www.huffingtonpost.co.uk/entry/exercises-to-do-at-home-if-you-have-a-disability_uk_5878b3bfe4b0f3b82a37408e?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLnNvbS8&guce_referrer_sig=AQAAAKK_LiAUlrNnMxuDkb0YxPM2FMm9Tcjb3JEzWQ610DI0ClvULCWm5XvbvoakXuHTTaFzLVf1OUEUjiiNnTrD5Ld7WydKs2W5EsirXjjAxwBSBtyllxXXzgheGGoalcnk7BbkmPiFAIWizqEQKDYO_pgPYiAQeVoedUaNeRoyuYs)

## Entertainment

- Movie nights-participants vote on movies they want to see, ideally, there is a pre-viewing discussion with major themes and characters identified, some people may benefit from a “cheat” sheet with a picture of the actor’s with their character’s names
- Watch classic moments in sports,  
<https://www.theringer.com/sports/2020/3/25/21193139/classic-sports-moments-streaming-guide-social-distancing>
- [Live Streamed Concerts](#) - Popular musicians such as John Legend and Lin Manuel Miranda are offering live-streamed concerts for free.
- [Jackbox TV](#) – Inexpensive co-gaming online platform. Staff could set up a co-gaming competition between houses. A pack of 5 games is \$25.
- Dinner’s planned with themes e.g Mexican/Italian/Chinese cuisine
- Group activities
  - Board games
  - Current events discussion-write letters to the editors
  - Painting/ceramics/crafts
  - Create calendars with pictures that residents take with cell phones to give as Holiday gifts 2021, can be uploaded to Target or Walgreens, done individually or as a small group

## Exploration: Places to See

- [Travel and Leisure Virtual Museum Tours](#) - Offering free online tours of museums such as the Guggenheim and the British Museum
- Check in daily with a nature cam, on the Explore site you can see a bald eagle sitting on her nest, or watch puppies in their people's homes <https://explore.org/livecams/explore-all-cams/seasons>, check out other possibilities below:

|   |  |  |
|---|--|--|
| <a href="#"><u>Georgia Aquarium</u></a>                   | <a href="#"><u>Houston Zoo</u></a>               | <a href="#"><u>Atlanta Zoo</u></a>             |
| <a href="#"><u>Monterey Bay Aquarium</u></a>              | <a href="#"><u>San Diego Zoo</u></a>             | <a href="#"><u>The Great Wall of China</u></a> |
| <a href="#"><u>The Louvre Museum in Paris, France</u></a> | <a href="#"><u>Explore the Frozen Tundra</u></a> | <a href="#"><u>Machu Picchu</u></a>            |
| <a href="#"><u>Mars</u></a>                               | <a href="#"><u>Yellowstone National Park</u></a> | <a href="#"><u>Farms</u></a>                   |

## Experience-Activities

**Backyard Garden** – easy and inexpensive outdoor activity that can be done from home.

Seed Donation websites include:

[Territorial Seed Company](#)

[Sow True Seed](#)

[Savers Exchange](#)

[High Mowing](#)

[Burpee](#)

**Pen Pal Program** – Participants could be matched with residents of different houses to be penpals.

**Cooking Classes** – Participants could learn together how to make a new meal. Some famous chefs are even offering free cooking class videos online. [Here are a few.](#)

**Cooking Competition** – Participants could participate in themed cooking competitions (pie-baking contest, etc.)

**Book Club** - Many book clubs are transitioning to a zoom format in order to continue regular meetings. Participants from multiple houses could read the same book and have a book club over Zoom or Google Hangout.

## Experience-Connection

Business Insider website provides a number of ways to connect including:

- *Google Docs*, share "pandemic diaries" entries, recipes, tips for movies, shows, music, etc.
- *Houseparty*, a face to face social network app, allows up to 8 users (and their faces) at a time <https://houseparty.com/>
- *Marco Polo*, this app combines features of texting, social media and video chat <https://www.marcopolo.me/>
- *Netflix Party extension*, use this feature to host a movie night (for Netflix members, requires Google Chrome) <https://www.netflixparty.com/>
- *Google Hangouts Meet* <https://gsuite.google.com/products/meet/>

## Experience-Self Care

**Relaxation/Stress Management Group** - Participants could participate in a zoom room meditation/calming group. [Progressive Muscle Relaxation \(PMR\)](#) is helpful for focusing on tension in different muscles. Deep breathing exercises such as "8-4-7" are easy to do as a group (exhale deeply through the mouth for 8 seconds, inhale through the nose for 4 seconds, hold breath for 7 seconds, repeat.) Participants could also discuss how they are managing stress during this time.

National Institutes of Health, National Center for Complementary and Integrative Health, benefits of meditation <https://nccih.nih.gov/health/meditation/overview.htm>

## Free Meditation Resources

UCLA Mindful app <https://www.uclahealth.org/ucla-mindful>

Fragrant Heart website, audio meditations [Guided Meditation Audio - Listen for free](#)

The Daily Calm YouTube channel, offer 10-minute meditations and calming videos

<https://www.youtube.com/watch?v=ZToicYcHI0U>

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