

## ROWBOATS

helping individuals with  
cognitive impairments

- R**educe amount of information
- O**ne instruction at a time
- W**ritten & verbal when possible
- B**reaks are helpful
- O**ften is better, routines help
- A**sk person to paraphrase/repeat
- T**ake the time, go slowly
- S**imple & organized info best

 **Center for Applied  
Behavioral Health Policy**  
ARIZONA STATE UNIVERSITY  
more information at [cabhp.asu.edu](http://cabhp.asu.edu)

## Traumatic Brain Injury (TBI)

Every 23 seconds a TBI occurs in US

Symptoms worsen with multiple TBIs

High prevalence of TBI with co-occurring  
mental illness & substance abuse disorder

Convicted women are more likely to have  
sustained a pre-crime TBI and have been  
a victim of physical abuse

### **COMMON SYMPTOMS:**

- easy overstimulated
- slowness in thinking
- difficulty grasping new information
- trouble following instructions
- difficulty with recall & new skills
- emotional, impulsive, or agitated
- interpersonal difficulties
- mental/ physical fatigue



Pacific Southwest (HHS Region 9)

**ATTC**

Addiction Technology Transfer Center Network

Powered by Substance Abuse and Mental Health Services Administration