

## OREOFE OJUADE Supportive Living, Inc, Cape Ann/Marblehead.

### INTRODUCTION

#### What is Supportive Living Inc.

- Supportive Living Inc. raises the quality of life for people living with traumatic brain injury (TBI), strokes and other neurological disorders.
- SLI is a nonprofit organization and has been improving quality of life for brain injury survivors since 1991.



### GOALS

The project aims to mitigate the negative effects of brain damage by assisting patients in taking the required steps. To achieve this, the project will bring together brain injury survivors and healthcare professionals to produce the most optimum measures for curbing brain injury disorders.

### OBJECTIVE

- To ensure that TBI survivors have the resources necessary to enhance their quality of life.
- Implement home exercise programs that promote independence, confidence, and motivation to exercise independently.

#### What is currently being done regarding this project

People are still mostly unaware of the severity and frequency of TBI damage : "Of the 1.7 million Americans who experience a TBI each year, 55,000 die, 285,000 are hospitalized, and 1.465 million are examined and discharged from the emergency room (Mealings et al., 2021)." Thus, around 200 persons per one hundred thousand are affected by TBI (Shaw et al., 2018).

### What is currently done regarding this project Cont'd

The lack of awareness is problematic; hence, greater attempts are being made to educate the public through targeted publicity.

Additionally, more interviews and surveys are being conducted with TBI patients and their loved ones to raise awareness and provide survivors with improved wellness methods.



Supportive Living, INC.  
1991 — BRAIN INJURY PROGRAMS — 2021

#### What are the series of tasks that must be completed?

For this project to be a success, the following series of tasks must be carried out;

- Create a checklist of questions during the interviews and look for ways to assist patients who appear to be experiencing severe challenges.
- Prepare a tally sheet for data reporting and analysis.
- This project activity took a month to finish the Action observation treatment (AOT) for B.I.

#### Project outcomes

In rehabilitation, patients observed the action to imitate it. Through observations, this method aided in the restoration of brain coherence, and patients would be able to learn and regain lost memories (Mealings et al., 2021). Community health staff stayed close to teach and raise awareness about seeking treatment for brain injuries. Skilled emergency professionals guarantee that patients with traumas are checked to detect concealed or undetected B.I. cases.

### CONCLUSION

Aerobic workouts have been shown to improve the health, standard of Living, and cognitive and social abilities of survivors of traumatic brain injury. Participating in a community context like the SLI has helped me understand how to best provide access to exercises and physical fitness for individuals with disabilities such as traumatic brain injuries. Supportive Living offers unique hands-on exposure for interns who are interested in direct patient care.



### References

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- Mealings, M., Douglas, P. J., & Olver, P. J. (2021). The student journey: Living and learning following traumatic brain injury. *Brain Injury*, 1–20. <https://doi.org/10.1080/02699052.2020.1863466>

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