ASSISTIVE TECHNOLOGY USE WITHIN PRACTICE

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• Introduction
• Technology currently used
• Benefits of using technology
• Barriers to the use of technology
• Case example
• The Occupational Therapy role
Introduction

• BIRT (Brain Injury Rehabilitation Trust)
• Brain injury rehabilitation unit
• Redford Court, Toxteth, Liverpool
• 29 bed neuro-behavioral unit
• Cognitive focus
Technology examples

- i-pad
- Mobile phone
- Apps
- Fitbit watch
- Voice recording device
Benefits of using technology

- Increase independence
- Reduce need for prompts
- Reduce intrusion
- Affordable option
- Flexibility
- Familiar to many
- Reduce anxiety
- Transferable to community living
- Portable
- Compensatory strategy
- Extending and restoring lost abilities
Barriers to use

- Practical issues
- Physical problems
- Psychological issues
- Cognitive impairment
- Ethical concerns
Case example

- 56 year old female
- **Injury**: Acquired Brain Injury - Occurred following removal of colloid cyst
- **Difficulties**: Memory difficulties, executive functions (planning, problem solving, initiation), low mood, emotionally labile, disorientation
- **Needs**: Prompting to complete ADLs, planning activities, support in the community due to lack of orientation
Strategies trialled

- Traditional
- Mobile phone
- Fitbit watch
- Voice recording device

BIRT
Brain Injury Rehabilitation Trust
The Disabilities Trust
Outcome

- Increased independence
- Reduced need for prompts
- Reduced intrusion
- Reduced anxiety
- Flexibility
- Transferrable to community living
The Occupational Therapy role

- Assessment
- Matching technology to needs
- Awareness of technology
- Training and support

Occupational Therapists
References


My-therappy – health app reviews from the NHS- apps to help recovery. Available at: http://www.my-therappy.co.uk