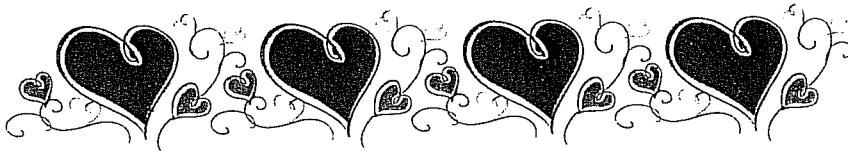




What's Happening at MLRA... February 2011



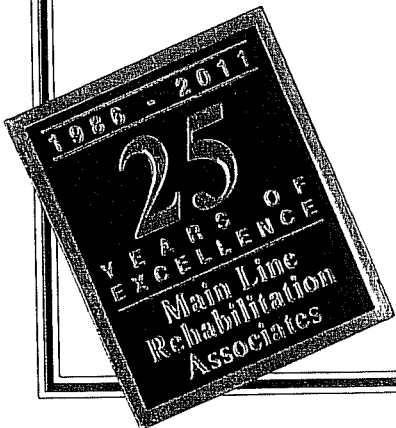
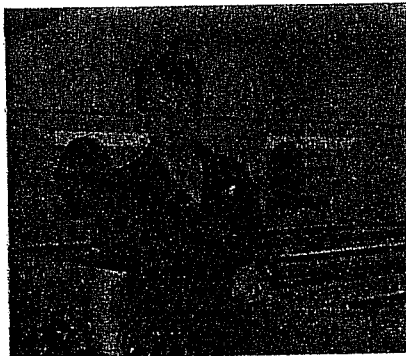
A NIGHT OF PERFECTION

Stanley Travis III was nearly killed 25 years ago in a devastating accident. In the years since, he has battled a host of challenging medical problems. On Tuesday, January 25th, Stan bowled a perfect 300 game.

A serious motor vehicle accident in 1986 left Stan with a traumatic brain injury and a host of physical injuries. Stan spent many months in the hospital and at Bryn Mawr Rehabilitation before he was able to return home to continue his rehabilitation with the help of his family and staff from Main Line Rehabilitation Associates, among others.

A few years after his accident, an aunt reintroduced Stan to the sport of bowling. Since then, he has been an active member of a league at Hatboro-Horsham. Stan's proud family was among the excited crowd of fans at Thunderbird Lanes in Warminster when he rolled a 12th and final strike for a perfect game. Stan's story was featured on the CBS Evening News in late January.

We congratulate Stan on this truly amazing accomplishment!



Main Line Rehabilitation Associates is a

CARF Accredited Home & Community Based Brain Injury Program



Executive Function

You hear that you have trouble with Executive Functions, but what does that mean?

Executive Function is the ability to plan properly and then execute those plans. It includes all of the following:

Drive	Mood	Personality
Judgment	Reasoning	Planning
Concept formation	Mental flexibility	Attention and awareness
Interpersonal behavior	Purposeful behavior	Organizing
Prioritizing	Anticipation	Ability to set realistic goals
Self-Awareness	Initiation	Inhibition

It is the direction and organization of all behavior (emotional as well as cognitive) in order to attain goals and regulate behavior that is consistent with attaining those goals.

It refers to someone's ability to plan behaviors, adjust to environmental stressors & changes over time, and to carry out multiple tasks simultaneously. Most jobs require workers to juggle competing priorities in a fast paced and stimulating environment.

It includes setting realistic goals based on accurate self appraisal, monitoring your behavior and evaluating your performance in relation to these goals, problem solving and changing behavior to obtain the best solution.

It is the regulation of cognitive skills, behaviors, social functioning, and communication—all at the same time. This can result in problems with attending, planning, organizing, learning, problem solving and reasons in *unstructured* real life tasks even though you may have scored well on highly structured neuropsychological testing.

Executive Function includes such skills as:

- | | | |
|-----------------|---------------------|-------------------|
| goal setting | initiating planning | flexible thinking |
| self-awareness | self-monitoring | |
| self-inhibiting | self- correcting | |

Impairments in executive functioning diminish the ability to initiate tasks and set long-term and short-term goals for task completion. Planning and organizing the job at hand is an effort, and it is difficult to self-evaluate work. Consequently, people who have problems with Executive Function may seem disorganized, have difficulty solving problems, or may react impulsively to situations.

- *Bridget Lowery*



Civil & Consumer Rights

Civil rights gained momentum in this country in 1964 with the passing of the Civil Rights Act. This act prohibited discrimination in public places, segregation, denial of access to public facilities based on race, religion, or gender, and guaranteed voting rights. This act also allowed individuals to file for legal action if they felt they were being discriminated against. Civil rights in this nation have expanded since then to include those with disabilities. The Americans with Disabilities act prohibits discrimination on the basis of disability in employment, government, public accommodations, transportation, and telecommunications. Knowledge of your rights as an individual with a disability or as the family of an individual with a disability is an extremely powerful tool. You can find more information on disability rights laws on the Americans with Disability Act website (<http://www.ada.gov>).



Self-Advocacy

Self-advocacy is about speaking up for what you want, what you need, and what you believe in. Building these advocacy skills involves three steps: knowing yourself, knowing what you need, and knowing how to get it.

First, it is important to know all you can about your diagnosis. Knowing all about your disability will help you identify what you need in order to live a satisfactory life. Knowledge really is power. After you educate yourself about your disability, it will be beneficial to educate all of your loved ones so that they can support you in your quest for self-advocacy.

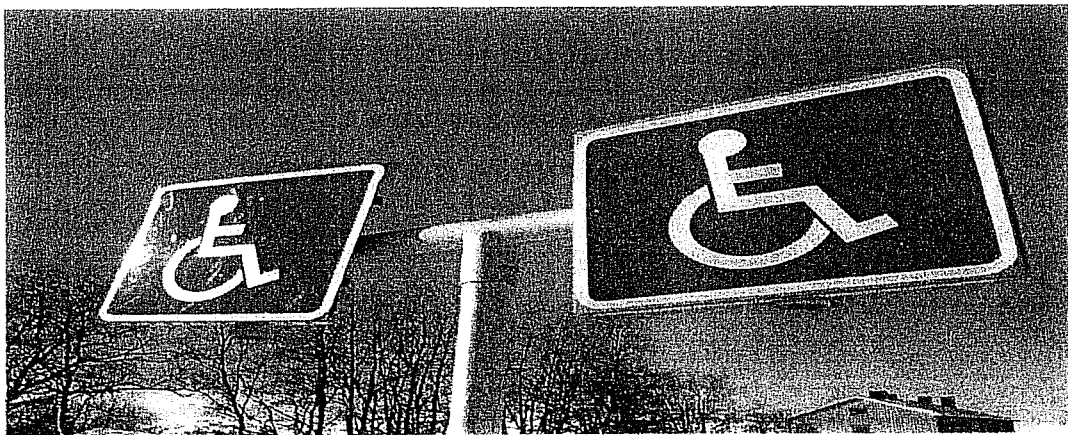
Secondly, identifying the problem or what you need is critical. What problem are you trying to solve? What issues do you have with your current services? What changes would you like to see? Organizing your thoughts and a plan of action will allow you to more accurately describe your needs to an outside party. Be sure to keep all of your documentation organized, too. Organizing all of your information can be a daunting task but will help you in long run. Also, keeping a log of issues as they arise will help you remember certain issues when the time comes to give specific details to your service providers.

Finally, and most importantly, you need to know who to contact. You can only advocate for yourself if you know who to advocate to. Identify whom you need to contact and go for it! Make sure to keep a positive attitude and be persistent if the first phone call or email goes unanswered. Also, know that you are not alone in your quest for self-advocacy. Identify people to help you and support you in your causes. You can always look to your Main Line staff for advice and resources on advocacy!

Accessibility after Brain Injury

Accessibility refers to the degree to which products or services are available to as many different types of people as possible. Accessibility most often refers to how easily these services can be used by those with disabilities. The Americans with Disabilities Act not only advocates for equal physical access to public places, but also equal access to the same services, resources, tools, and facilities that we all enjoy. The United States Access Board releases information on updates to accessibility law as well as resources and suggestions for increasing accessibility (<http://www.access-board.gov>).

Increasing physical accessibility includes renovations to the home or public space in order to make it easier for those with physical disabilities to enter, use the stairs, etc. This can be in the form of ramps, chair lifts, larger bathrooms, walk-in showers, installation of hand rails, etc. Contact your service coordinator or talk to your facilitator if you have concerns about the accessibility in your home or neighborhood. One of the best resources in Pennsylvania for increasing accessibility is the Pennsylvania Initiative on Assistive Technology at Temple University in Philadelphia. (<http://disabilities.temple.edu/programs/assistive/piat/>). It allows you to borrow assistive devices for a period of time at no cost in order to determine if the device is something you may want to purchase. The devices that are available include devices to help with memory, communication, computer access, education, control, and vocational access. Purchasing these devices is something that you can bring up with your service coordinator to see what options for funding are available.



WINTER WEATHER SAFETY

In cold and snowy weather, it is important dress warmly. Warm clothing includes a long-sleeved shirt, long pants, hat, coat, scarf, gloves, and boots. When planning to go outside in the cold, first make sure that the steps and sidewalks are safe so that you do not slip and fall.

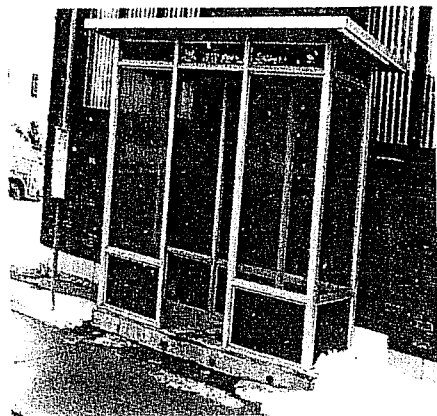
Before taking public transportation on a cold and snowy day, call ahead to check the bus, train or plane schedule. Public transportation may be running late or on a limited schedule during winter weather events. Calling ahead will help you avoid standing out in the cold for a long period of time. The phone number for the South-eastern Pennsylvania Transportation Authority is 215-580-7800.

Helpful websites during the winter months:

www.ehow.com/ice-salt

www.ehow.com-temp

www.septa.org



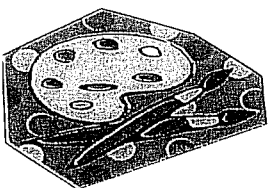
ARTS FOR THE MIND:

Painting and Ceramics for Persons with Head Injuries

Art classes are offered at the Wayne Art Center

\$10 for an 8 week session

Call 610-688-3553 for more information



Coming Soon

A survey team from CARF International* will be visiting on

April 7, 2011-April 8, 2011

We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may earn or continue accreditation.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- ◆ Do we provide a clean and safe setting?
- ◆ Do you receive the services you need and want?
- ◆ Are you treated with respect?
- ◆ Do you take part in planning your services?
- ◆ Are you told what you need to know about your services?
- ◆ Are your questions answered in a way you understand?
- ◆ Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF International directly.

- ◆ Internet: www.carf.org/contact-us
- ◆ E-mail: feedback@carf.org
- ◆ Mail: CARF International, 6951 East Southpoint Road, Tucson, AZ 85756
- ◆ Toll-free telephone: (866) 510-2273
- ◆ Fax: (520) 318-1129

carf INTERNATIONAL

*CARF International is an independent, not-for-profit family of organizations (including CARF, CARF Canada, and CARF-CCAC) that provides accreditation in the field of human services

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