

'You Can Change Your Brain'

An audio-visual resource on Neuroplasticity for patients and carers

Jane Schilling
Occupational Therapy Department
Repatriation General Hospital SA
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‘You Can Change Your Brain’

- Rapid advances in the literature on neuroplasticity and how experience dependent variables such as intensity and repetition have been proven to optimise neuroplastic changes and recovery after brain injury
- Difficulty implementing this in our rehab setting at the level of intensity recommended
- Increased need for self-directed exercises and involvement of carers when possible



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- Also identified a knowledge gap amongst patients/carers on Neuroplasticity and its relevance to rehab and recovery
- Interdisciplinary team aimed to address this gap by using an audiovisual resource as an adjunct to existing verbal and written methods
- Format needed to be easily accessible and understandable



‘You Can Change Your Brain’

- Unable to locate suitable resource
- OT and PT students at UniSA assisted in developing and modifying this video over a number of weeks with extensive consultation with patients, carers and staff
- Shown weekly on our Rehab wards with a supplementary pamphlet to reinforce key messages



'You Can Change Your Brain'

10minute video designed to:

- Educate patients/carers on principles of neuroplasticity and stroke
- Encourage greater engagement and motivation for therapy

Preliminary feedback is positive

Further formal evaluation required to assess the effects on exercise dosage and intensity