Recovery through everyday activities and tasks with the help of community both local and social.

#LifeAsTherapy

Adam & Amy Root
Life Before
Life Changed FOREVER
Medical therapies have their time and place and serve as the foundation for “Life As Therapy”.
How does life become therapy?

1. Establish a list of short term and long term goals.
2. What are the priorities, interests, and values of the survivor?
3. What local resources can meet the needs?
4. Where there are no resources to be found, create them through community.
YOUR IDEA OF WHAT IS THERAPEUTIC IS DIFFERENT THAN MINE.

DO NOT BE AFRAID TO ASK, WHAT’S THE WORST THAT CAN HAPPEN?

INVOLVING COMMUNITY OPENS MANY DOORS.

IT WILL INVOLVED TIME, ENERGY, AND EDUCATING OTHERS.

IT WILL BE WORTH ALL THE BLOOD, SWEAT, AND TEARS.

Making “Life As Therapy”
Build A Community Team
Involce the entire community you live to join your recovery!
Goals for Adam included fine motor skill and increased language.

To establish local resources think outside the box.
Our personal community team helps make daily recovery possible.
What’s available in your community...
Use caution on all social media platforms. I am not here to talk about the dangers of social media and brain injuries but to show you how it can be used as a resource.

If it is important to you, you will find a way... if not you’ll find an excuse.
~unknown
Find platforms that work for you
If you’re new to social media start small and slow
Establish your search based on your goals
Use hashtags and tags
Modify to make work

How to use social media to find resources that will benefit the recovery process…
Social Media Resources

Instagram
- Search by hashtags
- Find support
- Ideas and resources
- Ability to follow doctors/clinics

Pintrest
- Activities
- Educational Materials
- Health and Wellness

YouTube
- Exercises
- Brain Injury Stories
- Tutorials
Social Media Resources

Facebook
- Ask questions
- Groups
- Resources

MeetUp
- Social Groups
- Hobbies
- Community Integration

Twitter
- Search by hashtag
- Resources
- Ask Questions
- Ability to follow clinics/doctors
Made possible through searching and modifying ideas found through social media!
Find ways to make outings fun, therapeutic, and successful!
Do your research

Know the needs

Talk with people, companies, and organizations ahead of time.

Be flexible and create plans that can be too. (Needs can change very quickly.)

Always know your exit strategies. We won’t go somewhere that doesn’t allow for a quick exit.

Tips and Advice
“Life As Therapy” Happens in Everyday Tasks.

- Think through the household chores, which ones can you create a 90% success rate
- Give up on “perfection” or what your ideal might be.
- Recognize the opportunities to point out the work the survivor did.
- Praise and Affirm
When life becomes therapy, every task is like watching a miracle!
Resources for “Life As Therapy”

- Podcasts
- Nextdoor App: www.Nextdoor.com
- Amazon Wish Lists
- Local Churches
- Community Centers and Community Classes
- Senior Centers
- National Disability Services Website: www nds org
AN INJURY IS NOT JUST A PROCESS TO RECOVERY, IT'S A PROCESS OF DISCOVERY.

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