

TBI Training: The Shortlist

Behaviors

- Headaches
- Loss of balance
- Difficulty Focusing
- Visual Issues/Visual loss over the time is possible
- Can be progressive or can improve over time – being studied
- Difficulty finding words/thoughts
- Dizziness or balance issues
- Poor memory
- Confusion
- Irritability/more easily frustrated
- Depression
- Sensitive to light and sound
- Sensitive to hot and cold
- Difficulty in planning or making decisions
- Poor judgment
- Poor boundaries/no filter
- Speech issues
- Poor sleep habits
- **More Severe**
 - Physical Paralysis
 - Loss of bowel/bladder control
 - Serious Cognitive issues: concentration, memory, impulsiveness
 - Serious Speech Issues – both spoken and receptive

Instructional Tips

- One to one instruction
- Prepare to repeat instruction
- Choose boat based on participant goals and presentation
- Prepare to adapt boat as needed
- Control Environment
- Patience
- Pay attention to detail
- Flexible goals/instruction
- Fun!!!!
- Clear short instruction
- Double check/Ask if paddler understands

Benefits of Kayaking

- Opportunity to process information
- Sequential memory
- Problem solving skill development
- Improve balance
- Improve focus
- Normality
- Social opportunity
- Recreation with family
- Improve decision making
- Opportunity for purpose – help others with sport

