



[www.otplus.org](http://www.otplus.org)

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**Key areas of expertise: (not necessarily in this order):**

- Home/community re-integration; “plug back in” to client’s own life, own goals, and own purpose. We provide guidance on how to get there through existing resources.
- Therapies are rarely held in a clinic setting; most are out in client’s own homes, communities, recreation centers, volunteer placements, and job sites.
- If goals change along the way, we help figure out what else needs to change to “reinvent” or “refocus”.
- Very strong team approach between Physical therapy, Occupational therapy, Speech and Language therapy, Social Work, and Yoga therapist, as well as billing specialist. We realize that everything hinges upon the ability of a person’s brain to organize, remember, think clearly, and manage fatigue/general wellness.
- Brain injury specialty (most of our therapists have worked at Craig Hospital during their career).
- Specialized wellness and/or strength/conditioning training, with emphasis on unilateral weakness, spasticity management, and other brain injury specific needs for ongoing physical recovery.
- Community groups and classes have been formed with various community partners to help with ongoing therapies as well as peer support (yoga, writing, and music).

\* For Survivor Series participants we will provide a needs evaluation for \$100.00 with one of our therapists. This includes some treatment, recommendations for addressing priorities, and possible resources to pursue.

**Resources that can be used to help get people more functional in life:**

OT Plus website - [www.otplus.org](http://www.otplus.org) : Just redesigned to be more user friendly - check out our blog, resources/research, quick links, and contact us with questions. We are continually adding resources and information on the website to help people who might not be able to access individual therapy.

**Top 10 strategies to think about for persons with TBI or acquired BI:**

1. **Fatigue management** - read our fatigue management blog and work on getting adequate sleep as first line of defense. Check out sleep hygiene (by yourself or with help - family, friends, or professional if needed).
2. **Get some exercise!** Find something that you can do (walking, walking in the pool, water aerobics, stationary bike, etc.) and enjoy - then JUST DO IT! Studies have shown that consistent exercise not only benefits the body but also helps with anxiety, mood disturbances, sleep, and overall better function of the brain. Make sure that you get assistance to exercise correctly if you need it.
3. **Nutrition** - You've probably heard it before, but it really is true. People have got to start eating better for improved health overall and especially for optimal brain function. Our blog talks more in depth about things to think about with nutrition. There are lots of books, seminars, etc. - get some help if you need it.
4. **Mindfulness and meditation** - Huge for training the brain to live in the present (not the past or the future - which can cause increased anxiety and/or depression).
5. **Use a planner or phone calendar, and memo keeper for organization.**
6. **Use timers for time management and safety (cooking, etc.).**
7. **Live-scribe pen** - records verbal information and will dictate into written document. [www.livescribe.com](http://www.livescribe.com)
8. **Get involved with other people (not just working)** - volunteering, socializing, group therapy, recreation. Limit interaction as necessary but do this.
9. **Keep a structured routine** - the more that you can plan on a daily routine, the easier it is to function and you don't have to waste precious energy.
10. **Enlist the help of family or friend(s) to make a list of your needs and start addressing one thing at a time** - Figure out how to go about getting one "need" met then you can work your way down the list (or change the list if needed).