

Use of Google Calendar to increase daily function in TBI population

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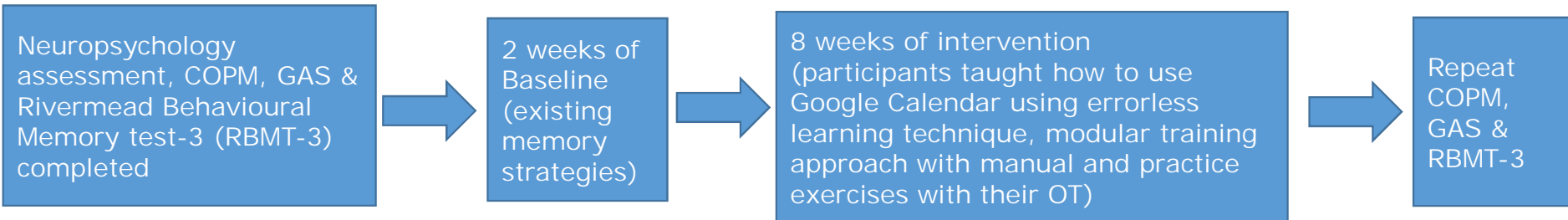
1: Independent Rehabilitation Services, 2: Alfred Health, 3: La Trobe University, 4: Memory Matters, 5: Speech Pathology Australia.

Google Calendar is a free mainstream online calendar that can send alerts to any device. The aim of this study was to explore if these alerts were effective in increasing adults with TBI to engage in more meaningful tasks. The Canadian Occupational Performance Measure (COPM) was used to establish the meaningful tasks and Goal Attainment Scale (GAS) goals for each participant.



Method

Screening



Results

Outcome	Difference Week 10-Week 0 Mean (SD)
GAS	19.8 (10.7)
COPM performance (1-10)	2.6 (1.6)
COPM satisfaction (1-10)	2.9 (2.1)
RBMT-3	1.75 (3.4)

Significance

- Google Calendar is an effective tool to increase independence in TBI population
- Clinicians must be trained in how to use Google Calendar before teaching their clients to maximise likelihood of success

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