

# Introduction

One of the profound effects of TBI is Executive Function deficit. Executive functions are necessary for goal-directed behavior. They include the ability to initiate and stop actions, to monitor and change behavior as needed, and to plan for future behavior when faced with novel tasks and situations. Executive function allows us to anticipate outcomes and adapt to changing situations. The ability to form concepts and think abstractly are considered components of executive function.

While there are a number of therapy methods used by the occupational and speech therapy professions to help TBI patients recover their executive function abilities. Many are somewhat simplistic and don't engage physical deficits such as fine motor skills and vision. Further, few of these models have an ability to allow a TBI patient to graduate to a higher level, or normal executive function ability. The existing models tend to plateau patients somewhere.

Executive Function and the complement of cognitive skills, as well as physical abilities. The proposed model combines the following elements, as listed below within its structure.

1. Occupational and Speech therapy for Executive Function rehabilitation.
2. Abstract thinking and organizational structure recognition. Short term memory skill rehabilitation – all cognitive elements of executive function ability.
3. Physical therapy for gross and fine motor skill rehabilitation.
4. Limited vision therapy.

# EXECUTIVE FUNCTION IS DEFINED AS

The set of processes that enable one to manage oneself and one's resources to achieve a goal. It is an umbrella term for the neurologically based skills involving mental control and self regulation.

It is not unusual for people suffering from Traumatic Brain Injury to experience a deficit to their executive function abilities, resulting in confusion, inability to hold attention, and an inability to concentrate.

Among the elements of executive function under the umbrella are:

- Ability to organize one's thoughts.
- Ability to use and rely on short term memory.
- Ability to remain focused to complete even simple problems and tasks.
- Exhibition of behavior problems.
- Maintaining a cogent train of thought.

The Affect of Executive Function Deficit is a general inability to effectively use these skills to complete simple tasks.

Behavior problems resulting from an inability to self-regulate behavior.

# Elements of Expository Writing

1. Quality of Content
2. Clarity of Thesis
3. Organization
4. Development
5. Unity and Coherence
6. Word Choice
7. Sentence Variety
8. Tone
9. Emphasis and Rhythm
10. Grammar and Sentence Clarity
11. Punctuation and Mechanics
12. Reader Adaptation

## Correlation between Executive Function and Elements of Effective Expository Writing.

- Organization.
- Clarity of Thesis.
- Unity and Coherence.
- Word Choice.
- Tone.
- Emphasis and rhythm.

## A general perspective of applying Expository writing to Executive Function Therapy.

- Writing is a bottom up process. The Thesis and end must be decided upon before beginning the act of writing.
- With those decisions made, Organization becomes the guiding force in completing the piece. Organization includes the following parameters: Introductory paragraph with thesis statement; middle(supporting paragraphs); concluding paragraph.
- Hence, the entire process has a beginning, middle and end; however, one can't begin without deciding on the end.
- Based on the therapists assessment of the client, the therapist may ask and help the client prepare an outline of the assignment to help the client stay on track.

The Therapy Tool. Typical desktop and laptop computer keyboard layout. As you can see, laptop computer keyboard keys are closer together than desktop computer keyboard keys, requiring greater concentration to select the key one is looking for.



Spaces in-between keys on Desktop 8 MM



Spaces in-between keys on Laptop 5 MM