

#### INTRODUCTION

Supportive Living Inc. (SLI) is a nonprofit organization that supports individuals living with brain injury and other neurological conditions through residential housing, supportive services, and neuro-wellness programs.

- SLI provides residential communities that allow individuals living with brain injury to live independently while receiving support.
- The Neuro-Fit program offers individualized exercise programs designed to improve strength, mobility, balance, and overall well-being.
- Participants include individuals living with acquired brain injury (ABI), traumatic brain injury (TBI), stroke, and other neurological conditions.
- Exercise programs aim to improve fitness, function, confidence, and community participation.

#### INTERNSHIP

- Work one-on-one with adults living with brain injuries
- Assist participants with individualized exercise programs
- Encourage motivation, participation, and confidence during sessions
- Adapt exercises based on each participant's physical and cognitive abilities
- Support a safe and positive exercise environment



#### RELATED LITERATURE

- Brain injury is increasingly understood as a chronic condition requiring long-term support beyond rehabilitation (National Academies of Sciences et al., 2022).
- Reduced community participation and increased home boundness after injury are associated with lower life satisfaction and emotional well-being (De Souza et al., 2025).
- Structured exercise programs can improve physical functioning, balance, and quality of life in adults living with acquired brain injury (Perez-Rodrigue et al., 2023).
- Participation in activities is influenced by motivation, environmental support, and structured programming (Trevorrow et al., 2024).

#### INTERNSHIP PROJECT OBJECTIVE

- Evaluate engagement patterns during one-on-one Neuro-Fit sessions
- Explore how community-based wellness programs support motivation and quality of life in adults living with ABI/TBI
- Find trends in participant engagement across multiple sessions

#### MATERIALS AND METHODS

- Developed a session observation checklist used during one-on-one Neuro-Fit sessions
- Observations include physical participation, motivation and effort, cognitive engagement, and emotional indicators
- Brief voluntary reflection questions were asked to certain participants who were verbal and able to communicate comfortably during sessions.
- Observations are documented across multiple sessions to identify engagement patterns over time

**Observation Checklist: Neuro-Fit 1:1 Session Engagement**

Date: \_\_\_\_\_  
Session #: \_\_\_\_\_  
Client Code: \_\_\_\_\_

**1. Physical Engagement**

Completed most of session activities  
 Needed rest breaks  
 Fatigued early  
 Required encouragement to continue

Notes (optional): \_\_\_\_\_

**2. Motivation / Effort**

Initiated tasks independently  
 Followed prompts without resistance  
 Needed repeated encouragement  
 Appeared disengaged at times

**3. Cognitive Participation**

Followed instructions independently  
 Needed occasional cueing  
 Needed frequent repetition

**4. Emotional Indicators**

Mood at start:  
 Positive  Neutral  Low

Mood at end:  
 Improved  Same  Decreased

Observed:  
 Smiling/laughed

Expressed frustration  
 Expressed pride/confidence

**5. Optional Reflection Question (Ask 1 if natural)**

What keeps you motivated to come to Neuro-Fit sessions?  
 How do you feel after sessions?  
 Have you noticed any changes since starting?  
 What do you enjoy most about the program?

Have these exercises helped you do anything easier at home or in daily life?  
 How does this program affect your mood or stress levels?  
 Do you feel more connected to others when you are here?  
 What makes you want to come back to this program each week?

Theme mentioned (if any):  
 Motivation  Routine  Physical progress  Confidence  Independence  None

Quote (optional): \_\_\_\_\_

**6. Quick Overall Impression**

Engagement Level:  
 Low  Moderate  High

One observation (1 line): \_\_\_\_\_

#### RESULTS - PARTICIPANT PERSPECTIVES

Brief voluntary reflection questions were asked to certain participants during observations. Responses were used to better understand how Neuro-Fit influences motivation, mood, independence, and quality of life.

“I want to walk again, and this program helps me achieve that.”

“Independence... improve function/strength... feels good to move around.”  
(When asked how the program has helped them)

“I want to be able to dance again.”

“Everything” (when I asked what they enjoy most about the program)

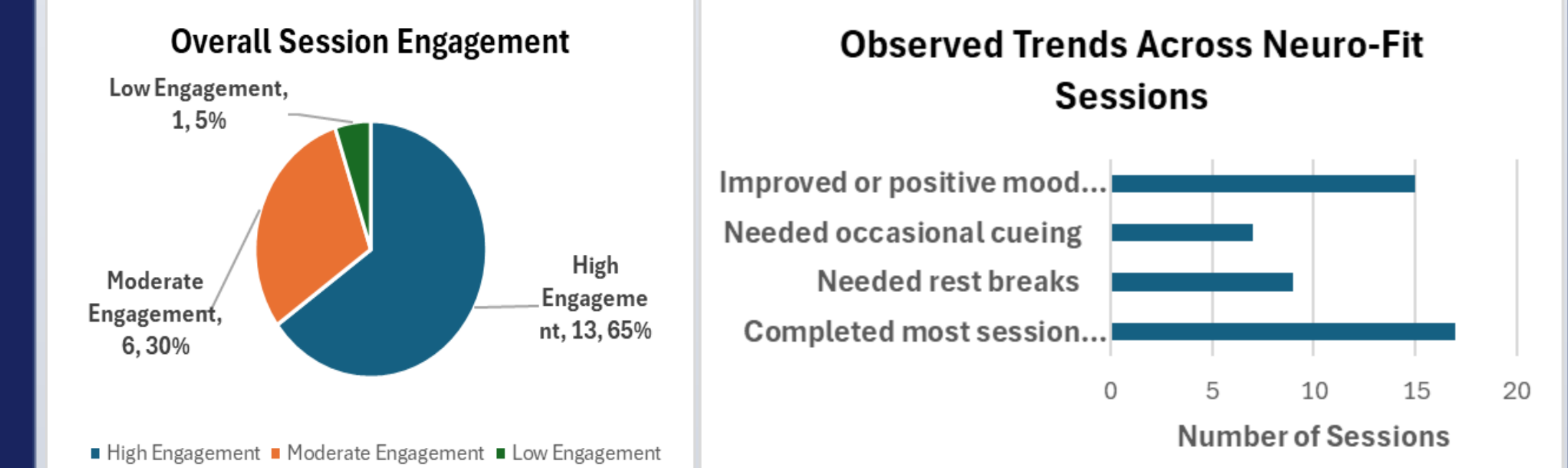
“I am getting around more places independently and becoming independent again.”

“This program makes me feel less alone because I see other people like me.”

#### RESULTS – OBSERVED ENGAGEMENT

Approximately 20 one-on-one Neuro-Fit sessions were observed across 4 weeks.

- Most sessions showed moderate to high engagement.
- Participants usually completed most activities, even when they needed rest breaks or encouragement.
- Many participants showed motivation by starting tasks independently or following prompts.
- Positive emotional indicators, such as smiling, laughter, or increased confidence, were often observed.
- Lower engagement was usually related to fatigue, frustration, or having an “off day,” but many participants still continued participating.



#### COMMON THEMES REPORTED BY PARTICIPANTS

- Increased independence
- Feeling stronger or more confident
- Improved mood and reduced stress
- Feeling less alone and more connected
- Looking forward to returning each week

#### CONCLUSIONS

Community-based wellness programs such as Neuro-Fit may support more than physical recovery for adults living with ABI/TBI. Across observations, participants often showed motivation, emotional engagement, and growing confidence during one-on-one sessions. Even when participants experienced fatigue, frustration, or an “off day,” many continued participating and benefited from individualized support.

Participant responses suggest that Neuro-Fit may positively influence independence, mood, confidence, and social connection. These findings support the importance of long-term, individualized community wellness programs for adults living with brain injury.

#### REFERENCES

