Improving Life Skills for People with Brain Injury

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Improving Life Skills for People with Brain Injury
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Does implementing the Clubhouse Model increase independence in life skills in individuals with brain injury?

Themes:
- Coping Skills
- Self Efficacy
- Quality of Life and Life Satisfaction
- Community Integration and Goal Commitment
- Employment and Education

Inclusion Criteria:
- Peer reviewed articles
- Interventions related to the Clubhouse Model

Significance:
Community based and mentoring programs improved independence in life skills, but more evidence is needed for clubhouse specific intervention for individuals with brain injury.

Clinical Bottom Line:
Individuals with brain injury have shown improvements in a variety of life skills after participating in community-based or mentoring programs. Although we found little evidence about clubhouses we think they would be effective for individuals with brain injuries based on the outcomes of mentoring and community based programs we found.

References available upon request rita.d.goodwin@maine.edu, samantha.brownell@maine.edu