

Tips for Caregivers

to help your loved one use Constant Therapy



1. DOWNLOAD THE APP

Start by finding the Constant Therapy app at your app store. Then, download the app onto the tablet on which your loved one will practice.

2. CREATE AN ACCOUNT

Follow instructions to create an account for your loved one. You'll be asked to enter their email address and create a password. Choose an email that you check frequently.

3. SET UP A PRACTICE SCHEDULE

Find a regular time and day(s) for your loved one to practice, so it's easier to make it a habit. Choose a quiet, comfortable spot to practice.

4. SET GOALS

Start with long-term goals, and break them into smaller steps. Choose S.M.A.R.T. goals. If you need to revise along the way, it's okay.

5. STAY MOTIVATED

Remember that big changes start with little steps. Tell your loved one they are not alone, and that taking a small step today means they are closer to their goals.

6. PRAISE PROGRESS

Strive for progress, not perfection, and celebrate that progress! Just by starting this journey you and your loved one are making strides forward.

7. TAKE CARE OF YOURSELF

Take care of yourself too - if you don't, you won't be able to care for anyone else. Take breaks, eat well, drink plenty of water, and don't be afraid to ask for help.

4. USE OUR RESOURCE LIBRARY

Visit our blog for a large, frequently updated library of tips, how-to's, explanations and research on TBI, stroke, aphasia, dementia and more.

The Learning Corp

Constant Therapy