

# Tips for caregivers

to help your loved ones 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.

## 8. 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**