



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: Neurocognitive Diagnoses: Deeper Insights for Snowsports Instructors Mary Ellen Whitney

1. A basic understanding of foundational information about various diagnoses of neurocognitive disorders is needed for working in this population. Gain insight into how each diagnosis may have combinations of physical/cognitive/behavioral characteristics for your approach in lesson planning.
2. Consider the wide range of symptoms, skills, and levels of functioning that each diagnosis carries, and how they might differently affect everyone with that diagnosis. Every lesson and every student will be different, and at different stages of degeneration within the disorder.
3. Often the chronological age of a student may be above 60. Understand best practices to appropriately engage students in this category to teach without compromising dignity.
4. Relate evidence-based practices for teaching students with neurocognitive diagnoses who have behavioral component to the diagnosis, by application of simple behavior management strategies.
5. Relate all the physical considerations for working with an aging population of skiers who also have a neurocognitive diagnosis and know when to add physical prompts and aids.
6. The severity of each neurocognitive diagnosis can vary greatly from one person to the next, and generally are degenerative; therefore, your lesson planning may be altered from week to week or year to year to affect the daily functioning of the individual. Equipment may need be needed for physical supports.
7. Relate evidence-based practices for teaching students with neurocognitive disorders in a supportive environment that includes emotional, informational, or companionship; tangible or intangible supports.
8. All Behavior is Communication – Learn to recognize signs that your students sensory, cognitive, and physical issues may present during a lesson. Take fast action to remove the stimuli that may escalate to behavioral or emotional crisis.
9. Make Environments more predictable; Prepare, long in advance, for transitions or change.
10. Arm yourself with knowledge about the student's topics of interest, former career, and family

life to build into successful lessons.

Resources: There are dozens of videos online about **Alzheimer's and Dementia** Teepah Snow is a good resource who has produced multiple videos

Take E-learning course from PSIA on Senior skiing and the Aging to start your learning journey!

<https://www.youtube.com/watch?v=iNR7lghM2z0> Brain injury and sport

<http://www.sbia.ca/aboutbi.aspx> TBI Overview (15 minutes)

Physical supports: Cads.com; Apex MC2 boots; Adaptive equipment