



On Track Program

An educational day program for adults with acquired brain injury



*Celebrating 20 years of serving adults in our community!
Friday, June 24, 2016: 12:00pm - 2:30pm
Loma Vista Adult Center*

Program Description

Program History:

Developed by MDAE's Adults with Disabilities Department and the Head Injury Task Force of the East Bay in collaboration with the John Muir Neurosciences Institute in 1996. Responding to the significant need in our community for services for adults recovering from a brain injury.

Program Mission:

To assist individuals with acquired brain injury in transitioning from rehabilitation to once again becoming active and participating members of the community.

Program Curriculum:

Relearn old skills, develop new coping skills, increase independence, build confidence and self-esteem, increase understanding of one's own injury, build cognitive skills, set goals and decrease social isolation through fostering a supportive and interactive environment.



Students Served

- Adults 18 years and older who have an acquired brain injury.
- Class size: 25 students
- Common injuries include: motorcycle or vehicle accident; brain tumor; stroke; fall; alcohol/drug abuse.



Snapshot of the Classroom

Tuesday/Thursday/Friday: 10:00am – 3:00pm

Curriculum includes:

Reasoning/Problem Solving; Computer Skills, Book Club, Newsletter Development, Career Development/Volunteer Work; Cognitive Skills; Journaling , Cooking class, Creative Expression; Reading Comprehension; Community Access; Mindfulness, Brain Fitness and Team Building Skills

Weekly Aphasia Class offered thanks to the financial support of the Firedoll Foundation. This intensive class serves students with significant verbal, reading and writing skill impairment.



Collaboration and Support

- On Track Advisory Committee provides program oversight and support. Members include: program staff, a student representative, a parent/ caregiver, the president of the Chevron Enable Network, John Muir Neurosciences Institute staff and rehabilitation professionals and community members
- Brain Awareness Week: Students provide outreach and brain awareness education in the community through speaking engagements, school assemblies and a one-day event at John Muir Medical Center in Walnut Creek

