



A guide to understanding
My Kind of Mind



13 questions to guide our understanding of children, youth and adults with complex neurodevelopmental profiles and care needs.

Remove the guess-work for a more accurate picture



- The booklet enables us to construct interventions to ease the burden of atypical neurodevelopment.
- It normalizes the concept of strength, weaknesses, talents and needs.
- It provides a window for engagement and insight into client vulnerabilities and priorities.
- It provides a platform for our clients to develop self awareness and insight.
- It provides an individualized framework for effective interventions.

Reflect on brain function

- What is easy, hard or somewhere in the middle
 - tuning in to pay attention
 - better teaching approach
 - how information is processed
 - area of memory strength
 - socialization and problem solving
 - environment's impact

Identify and plan around what is important

Open-ended questions about

- coping strategies
- grief and loss
- strengths, gifts, talents and wishes

clarify priorities so we can implement informed interventions to enhance caregiving, education, and employment that will contribute toward a lifetime of success.

“at a glance” is a quick reference for caregivers, teachers, therapists etc. to consider priority issues, and develop affective accommodations.

How to use this card:
Note key points from the completed My Kind of Mind booklet. On the reverse side of this card develop ideas to ease what is hard, build skills and enhance strengths.

At a Glance ... the "My Kind of Mind" story of ... (name) _____

- 1 Tunes in best when: _____
- 2 Learns best by: _____
- 3 Some basics: Easiest _____
Hardest _____
- 4 Sensory/environment: Memory strength (circle): see / hear / touch _____
Most helpful _____
Most bothersome _____
Strengths and talents _____

Build ideas for success

A Get their attention: _____

B Present information: _____

C Reinforce the basics: _____

Memory strategies: _____

D Sensory: Needs more of _____
Needs less of _____

E My World strategies: Daily living _____
Problem solving _____

F Sleep support: _____

G Calming/coping strategies: Passive _____
Active _____

Priority actions

Support needed

Timelines

“at a glance” tool help build creative responses

Enhance understanding of needs to focus and simplify efforts



Opportunities

1. in-service workshops on My Kind of Mind
2. workshops on understanding FASD and effective interventions
3. order My Kind of Mind booklets (\$10each) includes 2 “at a glance” cards

For an order form or to discuss your training needs email sheila.burns@rogers.com or visit www.braindev.ca