

Tablet's brain benefit

NOUR AZHAR

RESEARCHERS at Royal Rehabilitation Centre in Ryde have found a way to give brain injury patients back their independence.

They say the use of smartphones and electronic tablets can help patients remember daily tasks such as appointments, taking medication and recalling names and faces.

But for IT consultant Steve Shaw, it means leading a normal and an independent life might finally become a reality.

The 52-year-old father of two sustained a brain injury after he fell off his bicycle in December of last year.

"It has been hard getting used to my body and encouraging myself to walk again,"

he said.

But he said using the iPad was helping him to control his routine.

"I used to wait in bed for the nurses and physios to come and tell me what I had to do next," Mr Shaw said.

"But now I am the one going up to them and reminding them."

THE RESEARCH

Conducted between 2006-2009, it involved 42 people, predominantly men with an average age of 35 years and with injuries ranging from severe memory problems to moderately severe memory impairment.

Participants were divided into two groups. Some used diaries, others used PDAs (upgraded now to touch technology) and were given an hour of one-on-one training once a week for eight weeks.



Steve Shaw suffered brain injury after a bike accident. He is currently at Royal Rehab, Ryde and uses his iPad to organise his time.

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