Project-Based Intervention



A Practical Solution for Delivering Evidence-Based Rehabilitation in Real-Life Contexts

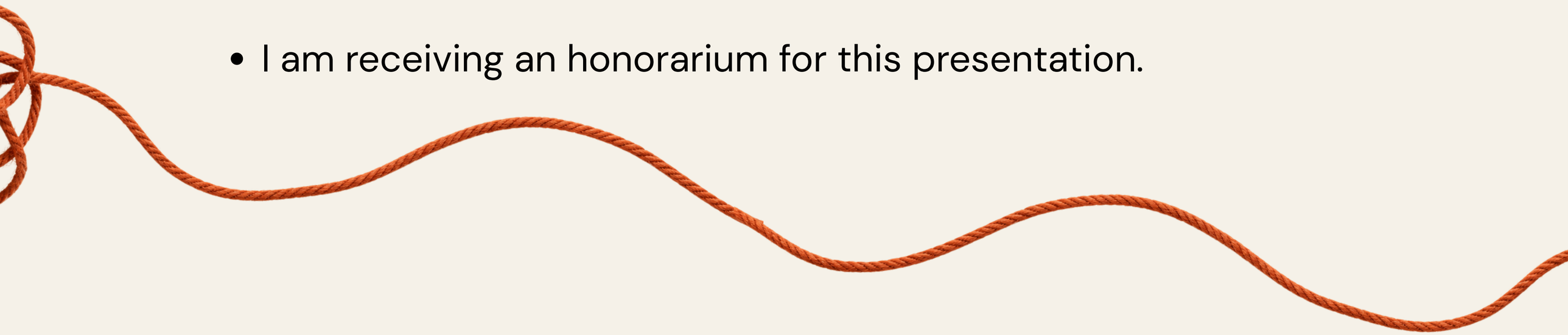
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2026 Eve Kassirer Lifetime Achievement Award Recipient

TORONTO ABI NETWORK ANNUAL CONFERENCE
October 29, 2026

Discloures

- I provide paid workshops, education and consultation related to Project-Based Intervention.

- I am receiving an honorarium for this presentation.



Acknowledgement and Action

I have chosen to support the Survivors' Secretariat.

Join me, if you wish.

This has always been a collaborative project.

Collaboration [/kəˌlæbəˈɹeɪʃən/]

Collaboration is a partnership

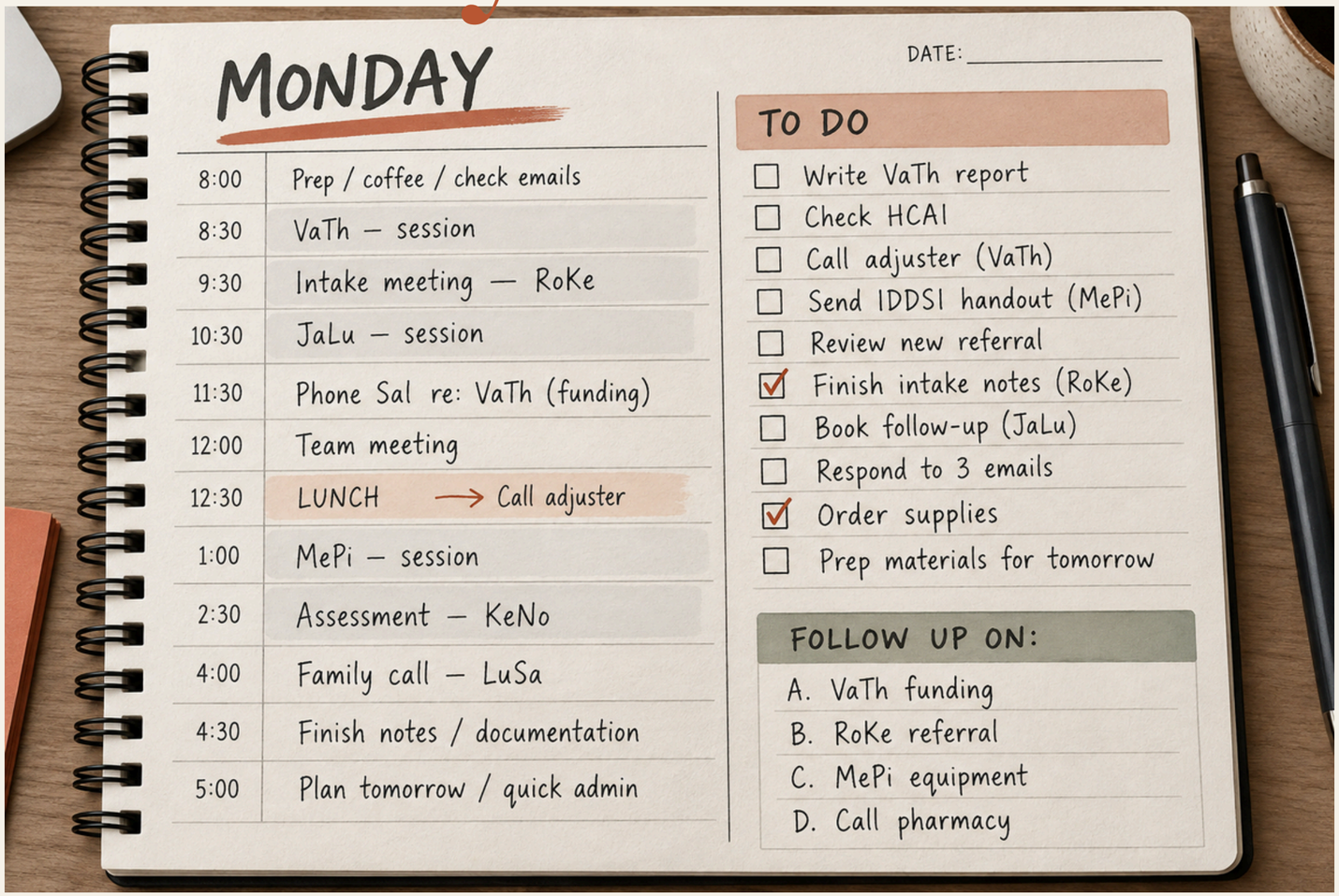
To collaborate is to commit to the possibility of producing an outcome greater than one that would be developed in a silo".



Dee Sperry & Sherrie Bieman-Copland

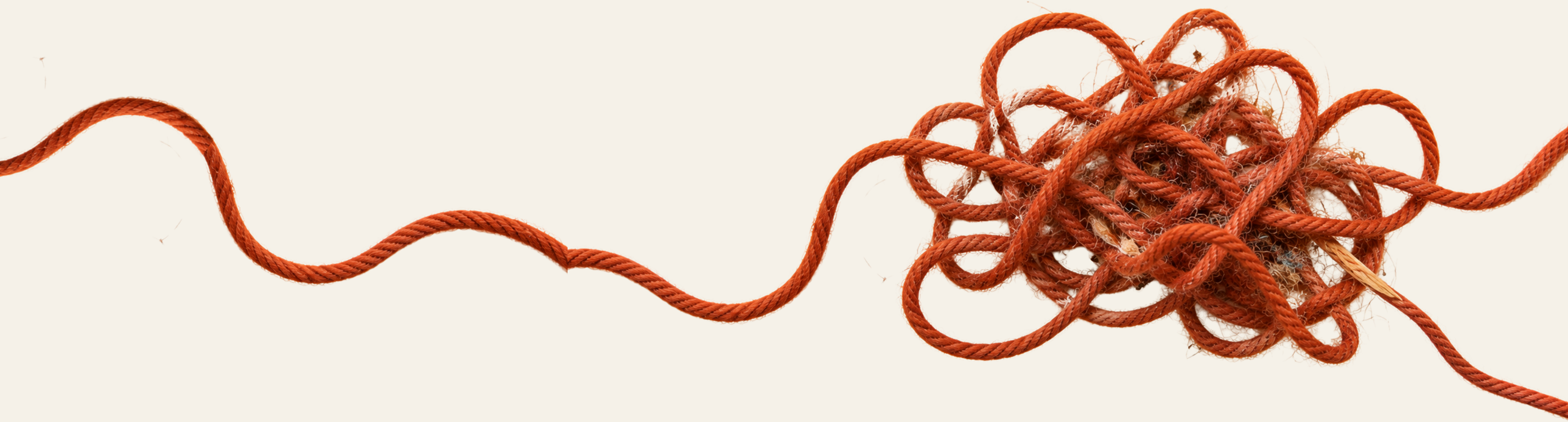
Speech- Language Pathology + Neuropsychology

Just Another
Manic Monday



"Manic Monday" — The Bangles, 1986

Friends,
We Have a Problem



We know A LOT

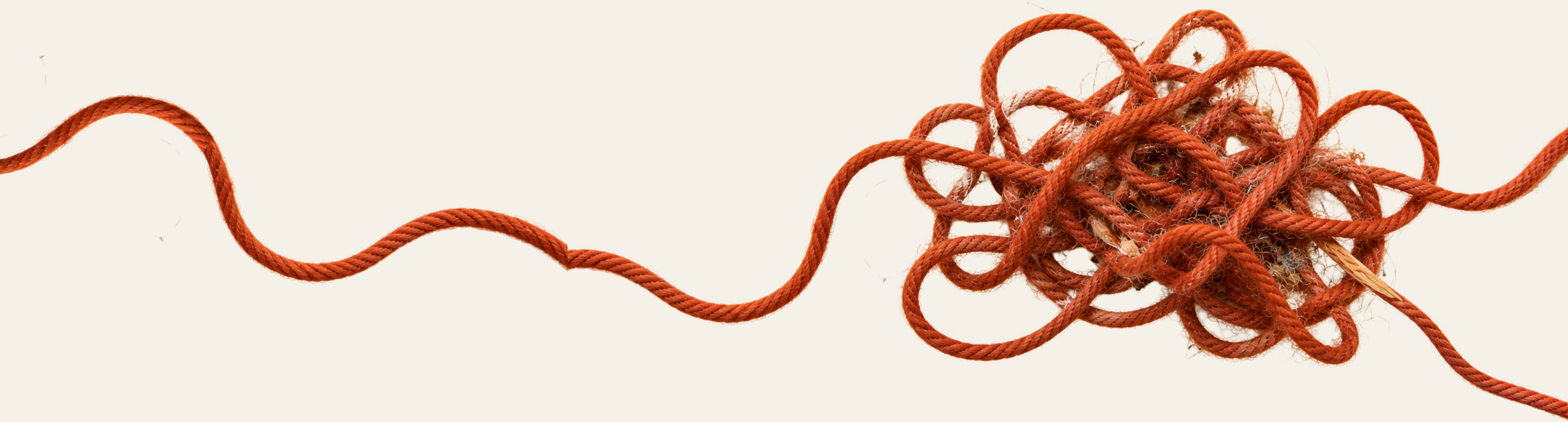


So lack of evidence isn't the problem

Some things keep showing up

Restorative treatments focused on **real-world** activities
Training in compensatory **strategies**
Activities **meaningful to the person** and relevant stakeholders
Functional adaptation and **environmental modifications**
Intervention in the **person's own environment** and applicable to their **own life**
Think about the **future** not just today
Strategies for **generalization**
Caregiver / communication-partner **involvement**
Participation and community reintegration are the goals of rehabilitation

Friends,
We Have a Problem



So apparently there are 447 other clinicians, and me, who find pulling all of this together pretty damn hard.





Munyard et al. (2026)

Munyard et al. (2026)l


STAFF


STAFF

“Our findings call for a shift from purely asking what works in cognitive rehabilitation to understanding and actioning how to apply this in diverse clinical and systemic contexts.”

Munyard et al. (2026)

Might I suggest:

Project-Based Intervention

What projects do you have on the go?



What projects do you have on the go?



What projects do you have on the go?



Projects are as individual as the people doing them.









BUT...

...the project isn't the therapy

collaborative.
goal-directed.
time-defined.

PROJECT-BASED INTERVENTION:

“A collaborative, goal-directed, and time-defined approach to cognitive rehabilitation. PBI utilizes meaningful, real-world activities which provide the context to practice and achieve mastery of new skills and abilities”



Sperry & Bieman-Copland, 2023

What makes it a project?

Personally meaningful activity

Identified aims, targets + measurement

A rich context to practise targets

Collaboration supports movement toward mastery

A beginning, middle + end

Sperry & Bieman-Copland, 2023

What makes it intervention?

Getting out of a comfort zone

Incorporates healthy-brain strategies

Opportunities for positive practice

Enriched social and cognitive environment

Work with intention

Sperry & Bieman-Copland, 2023

Two perspectives

THEIR SIDE

the project

“I want to …”

OUR SIDE

the clinical work

goals • strategies • support, measurement • reports

The project is not the therapy.

The project creates the opportunities for therapy.



Let’s pull one strand

I want to use my education to be a voice for people who have had experiences like mine.

Help the people I live with have more opportunities to enjoy the outdoors

Interview the people who live here to find out

Stay focused on the interviewee's answer without shifting the conversation to my own experience

During a 10-minute interview, EM will respond to the interviewee without redirecting the conversation to her own experience, with no more than 2 cues.

Remember to use Otter.ai to record interviews

EM will initiate recording with Otter.ai at the start of an interview, consistent with GAS level 4.



Did we do what we know?



- ✓ meaningful to the person
- ✓ real-world
- ✓ practice strategies where they will be used
- ✓ person's own enviornment and life
- ✓ plan for generalization
- ✓ participation
- ✓ community reintegration
- ✓ collaboration

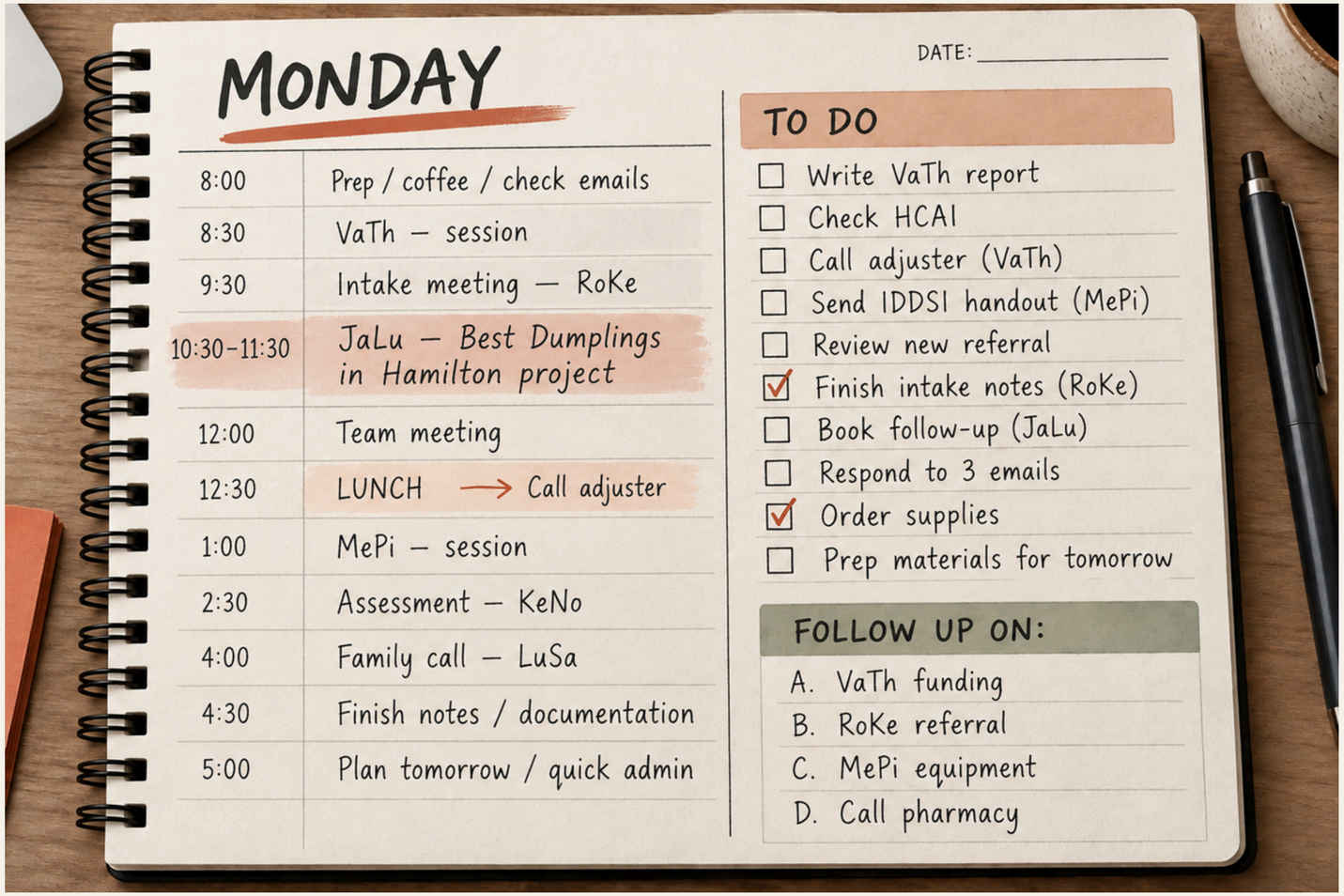
But…

the project was never the goal

…really

The last word.

Invitation


MONDAY
DATE: _____
8:00 Prep / coffee / check emails
8:30 VaTh – session
9:30 Intake meeting – RoKe
10:30–11:30 JaLu – Best Dumplings in Hamilton project
12:00 Team meeting
12:30 LUNCH → Call adjuster
1:00 MePi – session
2:30 Assessment – KeNo
4:00 Family call – LuSa
4:30 Finish notes / documentation
5:00 Plan tomorrow / quick admin
TO DO
☐ Write VaTh report
☐ Check HCAI
☐ Call adjuster (VaTh)
☐ Send IDDSI handout (MePi)
☐ Review new referral
☑ Finish intake notes (RoKe)
☐ Book follow-up (JaLu)
☐ Respond to 3 emails
☑ Order supplies
☐ Prep materials for tomorrow
FOLLOW UP ON:
A. VaTh funding
B. RoKe referral
C. MePi equipment
D. Call pharmacy

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AI use: Generative AI was used in developing this presentation to assist with refining ideas and language, and creating visual materials. The ideas, clinical reasoning, arguments, and final content are my own.

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