

**Submitted:** Friday, 3/27/2015

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**I am a current member of the ASNR :** Yes

**Title of Symposium:** Technology Adaptation and Behavioral Change in the Community

**Description of Submitted Symposium:** As rehabilitation professionals, we often prescribe technology and new exercise regimens. However, successful adaptation to new technology and adoption of new exercise patterns is not guaranteed by prescription, these require long term behavior change. This symposium will highlight challenges to promoting long-term behavior change for neurorehabilitation patients.

**Length of time required for symposium?:** 90 minutes

**Additional Presenters:**

Alex Dromerick [Aleander.W.Dromerick@Medstar.net](mailto:Aleander.W.Dromerick@Medstar.net)

Gary Abrams [Gary.Abrams@ucsf.edu](mailto:Gary.Abrams@ucsf.edu)

Mary Stuart [Stuart@umbc.edu](mailto:Stuart@umbc.edu)

**What is the role of each presenter?**

Dr. Dromerick will discuss challenges to implementing long-term medical interventions for an inner city population with stroke

Dr. Abrams will discuss challenges in obtaining adherence for patients with new technologies at home after neurologic injury

Dr. Stuart will discuss adherence to exercise in a group exercise program for chronic stroke

Dr. Weinrich will summarize data on behavioral strategies

**Objective 1:** Understand the challenges to adoption of new, long-term behaviors after neurologic injury

**Objective 2:** Understand the challenges to adoption of new technologies at home

**Objective 3:** Appreciate strategies to overcome these challenges

**Target Audience:** Clinicians in neurorehabilitation

**Type of Educational Activity:** Symposium

**Lecture:** Yes

**Forum:** Yes

Faculty will discuss their experience and engage with each other and the audience

**How do you know the practice gap exists:** Statistics on adherence to exercise and use of prescribed technologies

**What Desirable Physician Attributes will your symposium address?**

Understanding of strategies to increase patient adherence and desirable outcomes