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Today's Intentions

- Understand behavior through a brain-based lens, including signs of overload
- Introduce the DIGNITY Framework
- Use Purposeful Zones to help the brain understand what comes next
- Recognize how Simplified Environments reduce unnecessary demand and reveal capabilities
- Apply Prepared Transitions that support success, engagement, and dignity
- Explore how environments influences engagement participation and connection

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Changes in the Brain

The brain processes, filters, and responds to information less efficiently. Environments become more difficult to understand and navigate.

Cerebral Changes

Changes in the cerebrum affect memory, attention, language, and executive functioning. People have more difficulty filtering information, sequencing tasks, and adapting to new situations. Processing requires more time, effort and environmental support.


Cerebellar Changes

The cerebellum supports coordination, balance, spatial awareness, and timing. Changes may affect movement efficiency, posture, and the ability to complete multi-step tasks. Everyday activities may require more conscious effort.

What we see & they experience

We notice hesitation, slower responses, frustration, or fatigue. The person may experience the environment as confusing, overwhelming, or mentally effortful. When the brain must work harder to interpret input, connection and participation may decrease.

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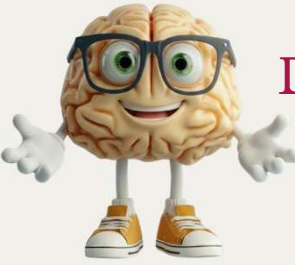
The Hard Working Brain

The brain needs more effort to:

- Interpret surroundings
- Filter information
- Take action
- Sequence tasks
- Focus and attend


Increased effort can cause fatigue & elevate stress.

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The DIGNITY Framework

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Discover environmental barriers

Interpret behavior as communication

Guide independence through the environment

Nurture calm nervous systems

Individualize supports and expectations

Tailor the environment to the person

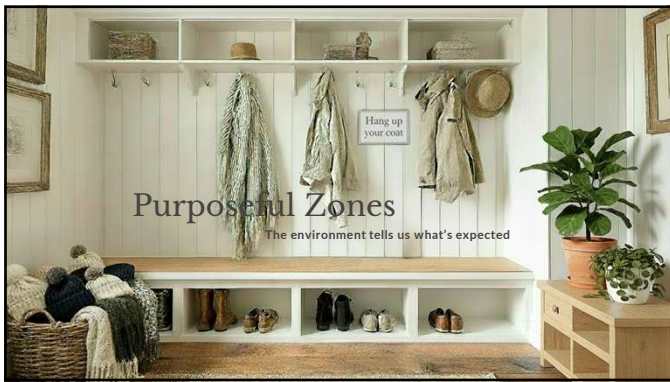
Yield to changing abilities

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Three Foundations of Living Spaces

Purposeful Zones Create clearly defined areas where function is obvious and searching is minimized	Simplified Environments Reduce sensory competition by simplifying surfaces and removing unnecessary objects that create cognitive demand	Prepared Transitions Clear sequences and environmental cues help the brain understand what happens next and support smoother transitions.
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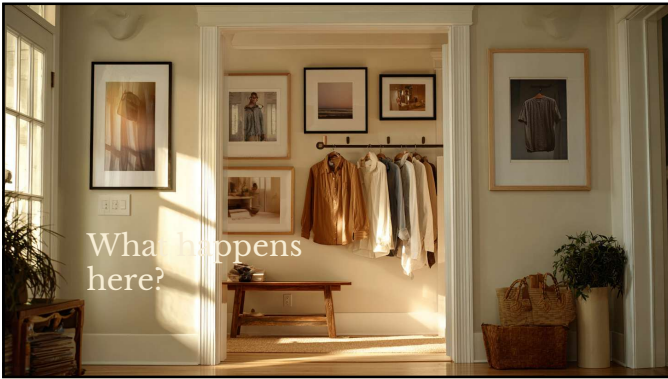
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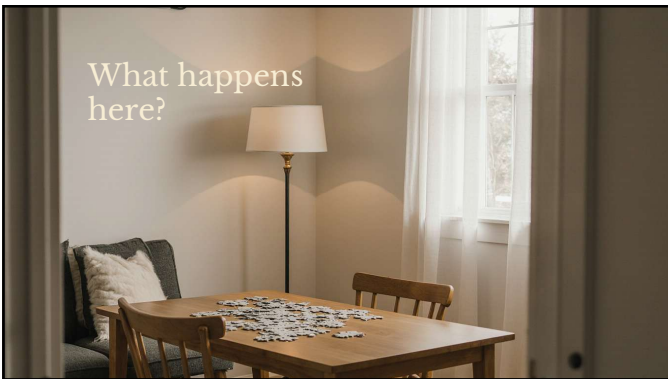
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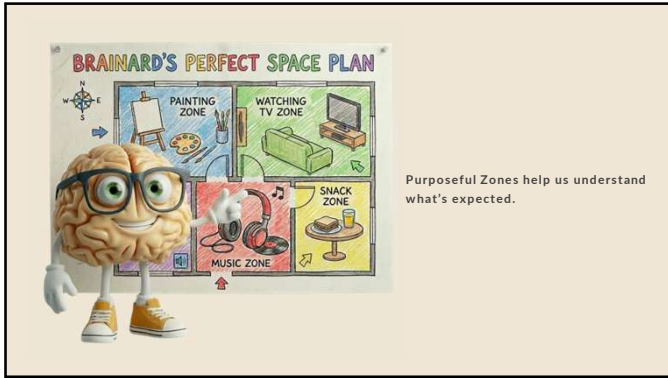
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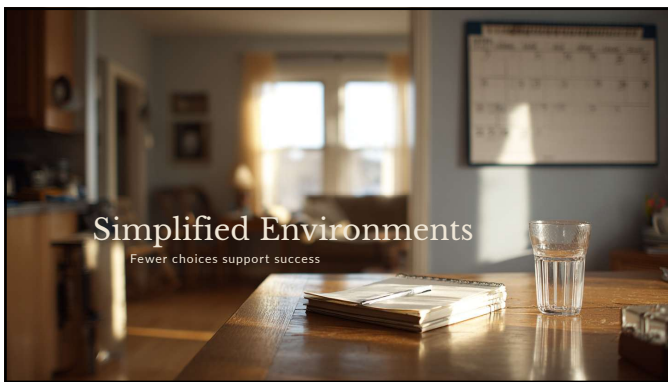
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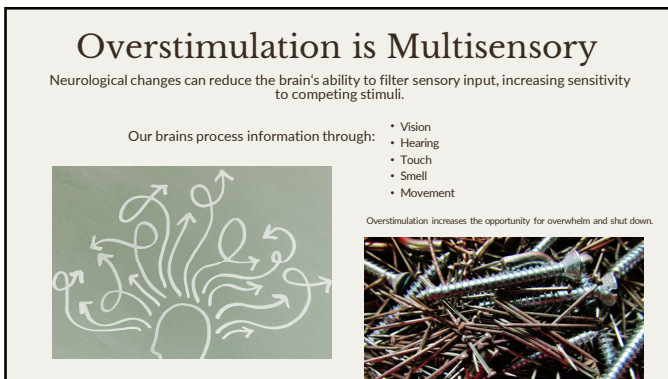
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Organizing Reframed


When Maria Montessori meets Marie Kondo



Marie Kondo Question
Does this spark joy?
Does it invite a positive emotional response?

Maria Montessori Question
Does this prepare the environment for success?
Does this support motivation and independence?
Does your loved one feel dignified?

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Visual Noise

Makes daily tasks harder.

Simplify for order and autonomy.

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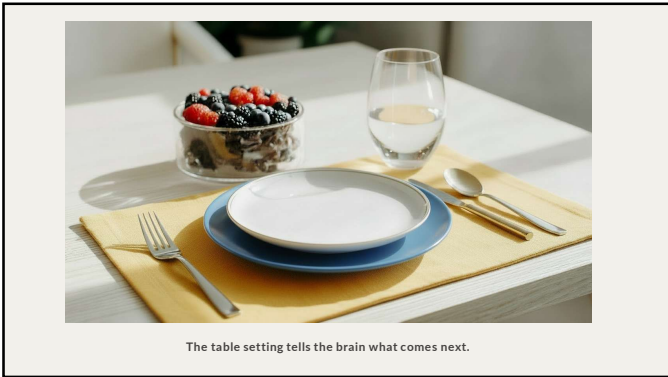
Auditory Calm:

Fewer inputs. More capacity.

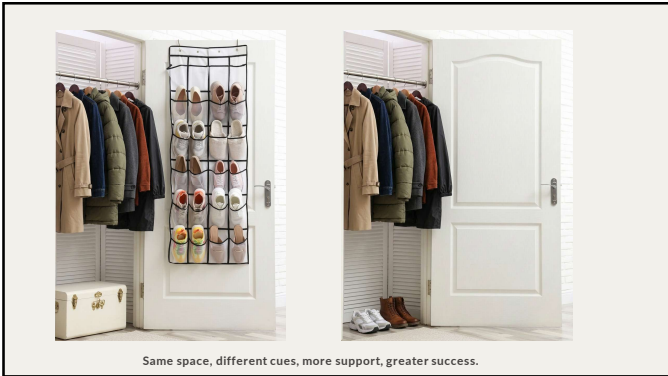
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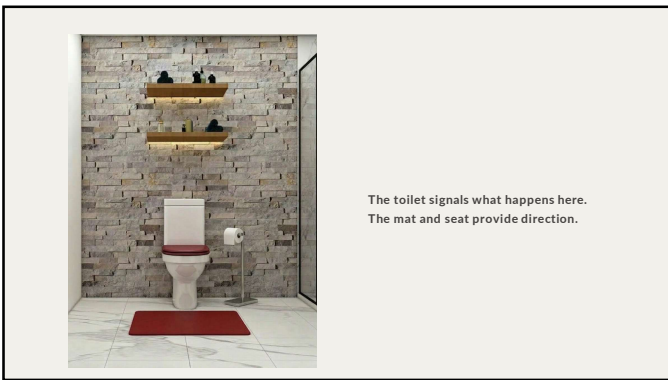
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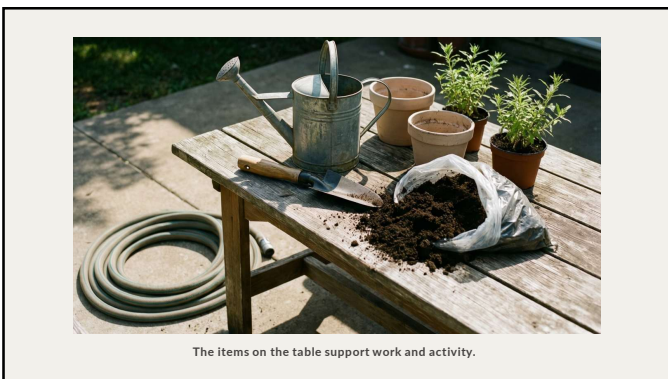
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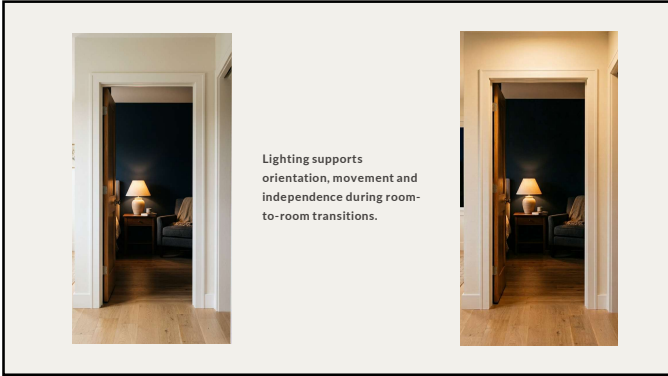
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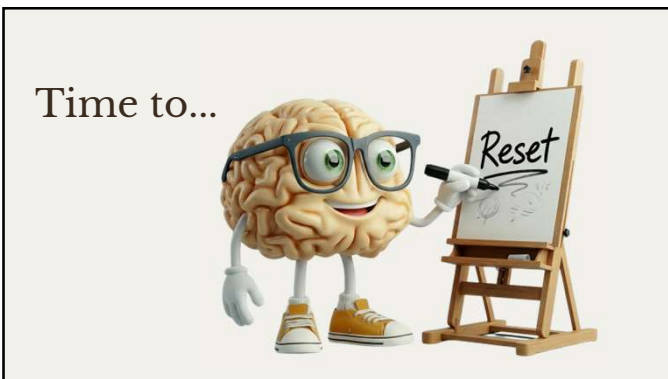
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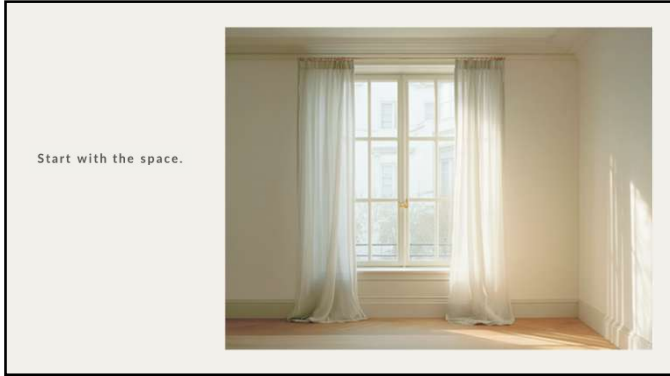
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How to Begin

<p>0 Choose one room</p> <p>1 Start where you spend the most time together. There's no need to change the whole house at once.</p>	<p>0 Define one activity zone</p> <p>2 Set up a table or corner for specific or familiar task. Let the space tell the story.</p>	<p>0 Clear one surface</p> <p>3 Remove items that don't serve an immediate purpose or are not familiar.</p>
<p>0 Prepare one transition</p> <p>4 Lay out supplies for a routine activity before you begin. This builds predictability.</p>	<p>0 Notice the change</p> <p>5 Pay attention to how both of you respond to the modified space over several days. Are there more opportunities for connection?</p>	

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Brainard Says...

"Our brains love a clear runway."

When the environment is clear, confidence and connection show up.

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What this makes possible


<p>0 Reducing Demand</p> <p>When the space makes sense, the brain has fewer decisions to make.</p>	<p>0 Building Predictability</p> <p>Clear zones and prepared transitions ease stress.</p>
<p>0 Restoring Capacity</p> <p>With less demand, the brain can do what it still knows.</p>	<p>04 Creating Connection</p> <p>Clarity in the environment supports meaningful engagement.</p>

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That's it... Here's a recap

- Cognitive change calls for new strategies
- Behavior reflects brain function
- Environment supports independence
- Calm supports connection and capacity

We live fully within cognitive change.



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Thank You!

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Schedule a Discovery Call



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