Audio file  
08-01-2024 (Week 3) R.T. User Needs Assessment.m4a  
  
Speaker 1: Clinician  
Speaker 2: Patient L.V.G.  
Speaker 3: Patient R.T.  
Speaker 4: Clinician  
Speaker 5: Clinician  
Speaker 6: Clinician  
Speaker 7: Patient R.T.’s Alexa  
Speaker 8: Patient F.  
Speaker 9: Patient M.A.’s Caregiver  
Speaker 10: Patient M.A.  
Speaker 11: Clinician  
Speaker 12: Clinician  
Speaker 13: Patient F.W.’s Alexa  
Speaker 14: Patient L.V.G.’s Alexa  
Speaker 15: Patient M.A.’s Alexa  
Speaker 16: Clinician  
Transcript  
-------------------------------------------------- 1:1 Interview ----------------------------------------------  
00:00:06 Speaker 1  
All right. How are you doing, Speaker 3?  
00:00:11 Speaker 3  
I'm doing well because today around half day I went over to my community pool with my dad and we did some treading water and like no water. I'm trying to get back into the pool but like just, you know, it's good for me to be in the water. So. I'm happy because of that.   
00:00:29 Speaker 1  
Yeah. That's really great.  
00:00:38 Speaker 1  
So Speaker 6 will be coming in a little bit, so we're going to get started without her. Let me just. Pull up. What I need OK. If you're still trying to fix your computer, I can still give you a minute or I can start. Just let me know when you'r ready.  
00:01:08 Speaker 3  
Maybe you can just start or I can like. Stop video and see what happens, and this is the same so they can move. It's that laptop cameras not working OK. But I can just still listen to you.  
00:01:25 Speaker 1  
OK, Speaker 5 is that is that going to be fine? OK. Perfect. OK. Umm, so we were gonna try to look at what we did last week. So last week we were going through and doing playing music or looking at the videos. So I was going to see if you could show me how to play a music or video from your Speaker 7.  
00:02:00 Speaker 3  
Ohh yeah, I'm Speaker 7. I I just asked her to like go on YouTube and like, play a song and she just. I just do it that way. Just ask for the YouTube video and she plays it when I just say play this.  
00:02:08 Speaker 1  
Yeah. So let's see. So last week you were trying to pull up the Olympic ceremonies. I know it was having a difficult time. Did you want to try to pull that up again? Or try something different.  
00:02:40 Speaker 3  
Maybe I'll try to play some music or something.  
00:02:43 Speaker 1  
OK.  
00:02:45 Speaker 3  
OK, just ask her, OK? Speaker 7. Can you play Banning CA on YouTube.  
00:02:57 Speaker 7  
What you need to?  
00:03:13 Speaker 1  
It's just still searching?  
00:03:15 Speaker 3  
Oh yeah, it's playing right now. Like the YouTube is trying to show you on my phone, but. Just playing the song.  
00:03:23 Speaker 1  
So I can't. I can't hear it, but I last week we worked on turning the volume up and the volume down. Could you try doing that this time?  
00:03:31 Speaker 3  
Yeah. All right. OK. Speaker 7, can you turn the volume down? Speaker 7, can you turn the sound up?  
00:03:55 Speaker 1  
Great.  
00:03:56 Speaker 3  
Can you stop the video? So it's in there somewhere. I stopped it. Yeah.  
00:04:05 Speaker 1  
OK, great. I think that was easier than last week too.  
00:04:15 Speaker 3  
Yeah, because like you know, I've done it most of the times last week. You know, it's indoor rain somewhere, so I can just do it again.  
00:04:22 Speaker 1  
Have you been working on it throughout the week?  
00:04:26 Speaker 3  
Ohh yeah, like this. I think it was Tuesday we were playing. Like it it like UM. We're listening. I was asking them Speaker 7 to play another song and this it's like I wanted to listen to it and she pulled it up and it's like. Something to getting used to doing.  
00:04:50 Speaker 1  
OK, that's great. That's super and that's super useful.  
00:04:54 Speaker 3  
Yeah, I know it's new thing is getting part of my routine and saying make her play song and do.  
00:05:05 Speaker 1  
That's great. Have you have you set it up to the playlist that you made?  
00:05:15 Speaker 3  
Yeah, I just ask Speaker 7 like to go on YouTube and like for an artist and just like it just kind of plays some one night for each other. So I'm just, I just go by artist. Yeah.  
00:05:28 Speaker 1  
OK. Great. Today we're going to be talking about self-care needs. So I wanted to find out what type of self-care or health related activity. Do you have difficulties managing?  
00:05:54 Speaker 3  
Well. Trying to think, well, like selfcare is like when they, like tried to. Like she like, want, like, want to look good in the mirror and look at my do my hair and stuff sometimes. Like ohh. My left arm is kind of weaker at this point in our recovery, so my hair up in a ponytail or headband or something. It's like sometimes it's kind of a struggle to get into place.  
00:06:26 Speaker 1  
OK.  
00:06:27  
Yeah.  
00:06:30 Speaker 1  
Is there anything else that can? Be a little bit difficult.  
00:06:37 Speaker 3  
Well, I put a lot of lotion on my skin cause I like being in the pool and chlorine eats her skin, so I put it on a lot and so sometimes like I want to put a lot of lotion on and sometimes it gets like your clothes kind of get too lotiony. It's too much on your it's kind of like on your shirt and stuff like. Too much so. So you have to find it in the middle, like too much or too little.  
00:07:11 Speaker 1  
Is it because you squeeze out too much?  
00:07:14 Speaker 3  
I squeeze out too much and then I go there, put this on my face.  
00:07:19 Speaker 1  
OK, OK. And then you have a lot.  
00:07:20 Speaker 3  
Of extra. Yeah. So like, I'll put it back in a plastic bag.  
00:07:26 Speaker 1  
OK. Anything else that self-care related?  
00:07:39 Speaker 3  
I'm well, I'm trying to. Cut down my process. Food in my diet, to where like my eat more like natural food than fruits and grains, and my diet. Not eating like processed food or fast food or like like frozen meals I'm kind of. And make my diet more healthy, so it's good for my overall health. I'm trying to cut those out of my diet.  
00:08:09 Speaker 1  
OK. And and maybe maybe with the food, do you have any technologies or tools? That can help you manage these needs.  
00:08:24 Speaker 3  
Well, I can. Like. Tell my smartphone to. Like. Read me my my shopping list or then say say it to me out loud and so say if I want to go to the grocery store, I want to get that. Not that. So are you gonna get this this this. So it's like in my mind it backs up and ohh I need to shop for this. Then that one too. So I sometimes use that like I need to make a little list in my phone.  
00:09:03 Speaker 1  
That's great. Like, I mean, yeah, really useful.  
00:09:07 Speaker 3  
I know. Yeah, I like listening everything cause like my background is in science and protocols are all this usually step by step by step.  
00:09:19 Speaker 1  
Do you typically when you're making the list? UM. Do you? Like is it on your computer or? What do you what do you make? Your list on.  
00:09:35 Speaker 3  
Oh, on my like my iPhone, there's a little UM notes app, so like if I'm in my in the store I have my phone with me all the time. I don't have a little. I usually get a piece of paper and write it by hand. But if I have it on my phone, out in public, I can just look at it. But. Trying and I can just hold in my hand and look at that. I need to go down the aisle and. Get some milk or something.  
00:10:00 Speaker 1  
All right, that's great. And then I was wondering, Speaker 3, when you were talking about squeezing out the lotion. Sometimes it squeezes too much. Is that due to weakness? In your arm.  
00:10:14 Speaker 3  
I think it's a combination of. Like weak arm and also how much pressure I can. I'm supposed to use or. I think it's either too much or too little. It's like just. To like round it out, see like. I think it only did like a little squeeze or that I squeeze it too hard. It's like all of it out.  
00:10:37 Speaker 1  
Do you use one hand or two hands?  
00:10:40 Speaker 3  
I always use my left hand, it's dominant, but I probably need to use both to too. So in my head I think it's just one hand and I actually need to use 2.  
00:10:52 Speaker 1  
OK. I mean that makes sense. Sometimes I like to use one hand because it seems convenient, but.  
00:10:59 Speaker 3  
Yeah, and that's not what I'm supposed to do.  
00:11:03 Speaker 1  
OK. But that's that's good. And that's the way that you can help manage in the future? UM. OK, let's see. So I have something, but I don't know if you take, do you take medications? You don't have to tell me what or any.  
00:11:27 Speaker 3  
Ohh I take medication regularly. I have a little pill case in my bathroom I take I have daily doses to take, yeah.  
00:11:33 Speaker 1  
OK. OK, So what we're going to do is we're going to, we're going to think of. 10 scenarios to complete this the sentence, so I want to learn to manage my medications. Or slash take care of myself more about. Let's see. So I read the question kind of funny. OK, so I want to learn how to manage my medications or take care of myself more about.  
00:12:28 Speaker 6  
Hi. Sorry I'm. I'm so sorry I'm late. I've been commuting to Rancho every single day so. But. Where's Speaker 3?  
00:12:40 Speaker 3  
I'm I'm actually having some camera issues, but I'm here.  
00:12:44 Speaker 6  
OK. Hi, Speaker 3.   
00:12:44 Speaker 3  
Hi, Speaker 6.   
00:12:44 Speaker 6  
Hello.  
00:12:51 Speaker 1  
We were just going to try and work on coming up with some sentences about managing our medication or self-care. So is there anything that you want to maybe have to learn to manage medications or anything that you think would help?  
00:13:21 Speaker 3  
Well. I I say I take daily medication for my. I have like dose. I got regular dosage ofpills for like anti seizure meds and I just need to take them twice daily so maybe I need to put like alarms on my phone for the times it's supposed to go and like oh, I know that that's for that.  
00:13:50 Speaker 1  
OK, so alarms you said two times a day.  
00:13:52 Speaker 3  
Yeah, I take one early morning, one late night. Yeah. So I have twice a day pills for anti seizure.  
00:14:00 Speaker 1  
OK. So doing an alarm.  
00:14:07 Speaker 3  
Yeah, alarm.  
00:14:11 Speaker 1  
All right. And then. Are there other things for managing that? There's other aspects besides medication that you think for self-care that maybe you can have something, maybe Speaker 7 help manage?  
00:14:36 Speaker 3  
Maybe like I have like well alarms would be like you know I have physical therapy appointments or speech sessions like maybe I'll ask her to. Like makes me have like. A. A reminder like 30 minutes before or something cause like my PD clinic is like like a couple streets away from my house. So I need to like the little time to get ready.  
00:15:04  
Yes.  
00:15:07 Speaker 1  
OK, that's great. And then maybe if we're trying to come up with something for uh. Like maybe another thing to help with like if you have your medications for taking besides like just an alarm for time, we could have it set up something about the dosage instructions or potential side effects.  
00:15:38 Speaker 3  
Yeah, I could just maybe ask her to do a reminder of like, UM. Check the like when we check the side of the bottle or something like that. So like they have a little medicine like like little fact sheet about what this is for. Yeah. Maybe like right, maybe about like 20 minutes before. I'm just taking this look, look at the side of the bottle or something like that.  
00:16:12 Speaker 1  
Do you is do you always take the same amount of the same medication?  
00:16:18 Speaker 3  
Currently, but my neurologist, he said in like a week or two he's gonna, like, face out one and switch it with another. So I need to. I'm in like transition right now. So I'm it's like in the next couple weeks I'm going to like switch one out and get a new one.  
00:16:41 Speaker 1  
OK. Yeah. So for that one, will the dosage change?  
00:16:48 Speaker 3  
Well, the dosages would change like one postman faced out and then one is building up this new one is. So this is will be going up.  
00:16:57 Speaker 1  
OK. Are you going to take it the same amount of times a day?  
00:17:02 Speaker 3  
Oh yeah, it's both twice a day, but they're on the new pill is higher now and the I'm phasing out the old one that was on SO1 going up, one going down.  
00:17:16 Speaker 1  
All right, so we could set up something that will because it's going to be a new dosage, maybe to remind you about what dosage to take possibly.  
00:17:29 Speaker 3  
Yeah, that would be a good reminder.  
00:17:33 Speaker 1  
Is there anything else that you that could help you manage the medication or manage you know, other aspects of self-care? That we talked about.  
00:17:49 Speaker 3  
Well, I think that those are my 2. Issues in self-care right now, like with this weakness, weakness and like on my left side. But I wanna try to do my hair or put it in a ponytail or back behind my face like I'm trying to do it evenly. But this left side. Not always there. And then taking my daily medication, then sticking to this like the doses aren't supposed to be on right now. And also I'm I'm supposed to be doing daily stretches for my PT clinic to make my body open up. So I think they need to get reminders for that too.  
00:18:33 Speaker 1  
OK. Yeah, yeah, that would be great.  
00:18:38 Speaker 3  
Yeah, because I have a little packet. They gave me a little like, oh, do this one do this one they like. I'm supposed to actually do them. Speaker 7 reminds me of it. OK, you. Need to do it.  
00:18:51 Speaker 1  
Sorry, I froze for a second, so I wasn't sure what happened. Go ahead, sorry.  
00:19:12 Speaker 6  
Yeah, it's like it was. It was breathing for me. Breaking up for me a little bit. These are great. I just want to make sure we also ask. Sorry, I sorry, I missed the beginning. Have we asked Speaker 3 the goals yet or what her goal is or? Oh, we have, OK.  
00:19:36 Speaker 1  
What her goal is?  
00:19:38 Speaker 6  
So. Yes, so we can. So, Speaker 3, what is your goal with Speaker 7? What do you hope to use Speaker 7 for?  
00:19:51 Speaker 3  
I'm I'm well. Currently I'm trying to do. I have my cell phone having alarms and daily planned activities like, you know, go to the USC election meeting it makes like a little noise and I need to have my Speaker 7 like back her up too or something. Ohh, go to your like tomorrow over at Chapman has Irvine campus. I live in Irvine so I go to PT over there, so about like. 45 minutes before. I just need to go get dressed, so maybe I can have Speaker 7 give me reminders and I'll I'll do this then.  
00:20:32 Speaker 6  
Awesome.  
00:20:34 Speaker 3  
So I just like how, UM, the Alex. I'm trying to use here right now. It's like I have my alarms and my reminders on my phone but need to have when you have two things telling you what to do is easier.  
00:20:49 Speaker 6  
Yes, I think Speaker 7 is a great tool for you, especially when you're at home and it gives you that extra reminder to, you know, tie your hair or check. Yeah. Check. You know, 30 minutes before you have your PT session remind you to get ready. Like, oh, it's time to get ready. Yeah. OK.  
00:21:11 Speaker 3  
I need to get ready and leave. Yeah, because like you know, PT or a different album, there's like a speech that we can wear jeans and a top PD and wear your leggings and your hair in the back and the bun. And like, like fitness shoes. It's like it's different.  
00:21:29 Speaker 6  
True, right? OK reminders or?  
00:21:38 Speaker 3  
Yeah, because my different appointments are different. You need to look different ways.  
00:21:46 Speaker 6  
That's right. All right. Everything looks great, so I wonder if the other. Groups are done. But yeah, how are how are both your weeks so far?  
00:22:08 Speaker 3  
I'm I'm happy because. Feels like, you know, actual summer like. Kind of hot, but I like it.  
00:22:16 Speaker 6  
Yeah, me too. I love the hot, the warm weather. What about you, Speaker 1?  
00:22:24 Speaker 1  
Yeah, it's been great. It does feel like summer's coming to me because. Yeah. Yeah. So tomorrow's my last day of school. Yay. Congratulations.  
00:22:36 Speaker 1  
Thank you. So this nice weather, I'm like, OK, good. It's coming right as my summer starting. Yeah.  
00:22:43 Speaker 6  
That's awesome. Or do you have any plans to celebrate?  
00:22:51 Speaker 1  
Weak not this week. This weekend. I think I'm just gonna try to be a little productive so I can enjoy. But my cohort actually went to the beach earlier.  
00:23:05 Speaker 3  
Wow.  
00:23:08 Speaker 6  
So we do it the sun. That's awesome so. Yeah. Is. Yeah. Speaker 16 is in this in this uh and uh. OK. Yeah. So you're graduating and same same class as me, I guess so, yeah, that's also. Yeah. Yeah, yeah. And then Speaker 3, how have you been? Kind of how have your therapy sessions been going?  
00:23:41 Speaker 3  
Well. I do a lot of therapy sessions because I live in Irvine and Chapman University has a Irvine campus for like biotech and like also like nursing school and like speech, SRP's like speech, language and so like I go there for a lot of things and. Well, they're on summer break right with summer session. So it's and like working on my socializing with them like, you know, they're my peers. So I'm just trying to make make my summer like progress towards like socializing with, like, people my own age, like in the future when I return to lab work, like, I'll be around people my own age, so that's my goal right now.  
00:24:23 Speaker 6  
Well, that's awesome. I love that, good goals to work towards. Yeah. All right. All right. Let's go back to the main room so we can learn some more skills about medication, OK.  
------------------------------------------------- Group Therapy ---------------------------------------------  
00:25:23 Speaker 4  
Alright, if thank everyone's back, I'm going to share my screen again and we're going to practice a couple and then we'll go back into our breakout rooms. OK so. It's going to be a two-part command, but first we're going to use our Lexa to create a medication list for the sake of practicing as a group. We can do like a over the counter medication like by Advil or Tylenol as practice. So does anyone want to go first?  
00:26:09 Speaker 8  
Well, I can do it. Speaker 13. Give me a. Tell. Naproxen. Pill.  
00:26:25 Speaker 13  
Are you trying to shop for Naproxen pill?  
00:26:28 Speaker 8  
Yes.  
00:26:32 Speaker 13  
One moment. Showing results from Naproxen Pill. The first one is Amazon Basic care back and muscle pain. Naproxen Sodium tablets, 220 milligrams, 90 count.  
00:26:50 Speaker 8  
OK, they. She wants me to pick up that naproxen pill, so that's good. I I can. Maybe I didn't. Tell our ask. Properly. I'll do it again.  
00:27:17 Speaker 4  
And Speaker 8, the there is an example on the right here. So say the wake up word and then create my medication list and then you could use that medication name you just mentioned.  
00:27:30 Speaker 8  
OK. Speaker 7. Create my. Medication list. And I want it. On. Not.  
00:27:46 Speaker 7  
Create a list called medication right?  
00:27:51 Speaker 4  
It picked up. Yep, he dropped it, picked up the first command. So we created the list. So now as a follow up you could add that name.  
00:27:51 Speaker 8  
Speaker 7.  
00:28:01 Speaker 13  
Right.  
00:28:02 Speaker 8  
Right. Give me an aspirin. How's that?  
00:28:09 Speaker 13  
I've created medication list. What would you like to add to it?  
00:28:14 Speaker 8  
Aspirin.  
00:28:17 Speaker 13  
I've added aspirin to your medication list. What else?  
00:28:26 Speaker 8  
Cough drops.  
00:28:30 Speaker 13  
I've added cough drops to your medication list. What else?  
00:28:35 Speaker 8  
That'll be enough.  
00:28:38 Speaker 13  
OK.  
00:28:40 Speaker 4  
Great job, Speaker 8. Yeah, that was awesome. So it will ask those follow up questions just like that. And then how you responded when you added those specific examples? It's a great job, OK. Does anyone want to go next in creating their medication list?  
00:28:59 Speaker 2  
I will go. Speaker 14, create my medication list. Compounded hormones. Heart medication. Supplements. Sleep. I have all these medication profiles. Compounded hormones. R DHEA. Thyroid. Progesterone, estrogen cream, testosterone cream.  
00:29:43 Speaker 4  
Did did it pick up? The command did anything come up on the screen when you said that? OK, so how about first let's try that again. Let's first create that medication list.  
00:29:53 Speaker 3  
No.  
00:30:02 Speaker 2  
Speaker 14, create my medication list.  
00:30:06 Speaker 14  
Create a list called medication, right? Yes. I've created medication list. What would you like to add to it?  
00:30:16 Speaker 2  
Compounded hormones DHEA.  
00:30:19 Speaker 14  
I've added compounder hormones to your medication list. What else?  
00:30:24 Speaker 2  
Under compounded hormones, DHEA progesterone. Thyroid and estrogen and testosterone.  
00:30:37 Speaker 14  
I have added under compounded hormones DHT a progesterone thyroid, estrogen and testosterone to your medication list. What else?  
00:30:50 Speaker 2  
Heart medications.  
00:30:52 Speaker 14  
I've added heart medications to your medication list. What else?  
00:31:00 Speaker 2  
Speaker 14. Turn off now. It has the same screen.  
00:31:18 Speaker 4  
You could try that again. Say the wake up wake word and then say I'm all done. Maybe see if that.  
00:31:26 Speaker 2  
Speaker 14, all done now.  
00:31:29 Speaker 14  
I'm not sure.  
00:31:32 Speaker 4  
Or how about?  
00:31:33 Speaker 2  
All done now. Creating medication. Lists. Speaker 14's all done now.  
00:31:47 Speaker 14  
Sorry, I'm not sure.  
00:31:50 Speaker 2  
OK.  
00:31:51 Speaker 4  
OK, say the wake wake word again. Say go home.  
00:31:57 Speaker 2  
Speaker 14, go home. It the screen turned off.  
00:32:06 Speaker 4  
Did it turn off? Yes. OK, so it's back. Do you see the main display again now? Yes, OK. Perfect. Great job.  
00:32:15 Speaker 2  
Digging Go home Command, I'm using most often.  
00:32:24 Speaker 4  
Great job. OK, who wants to practice this next? Go ahead. Yep, go ahead, Speaker 10.  
00:32:39 Speaker 9  
Let's see, Speaker 10. I'm gonna you have to 1st unmute. There you go. Go.  
00:32:46 Speaker 10  
Hey, Speaker 15. Yeah, my medication list.  
00:33:00 Speaker 15  
It's just that was medication, right?  
00:33:03 Speaker 10  
Yep.  
00:33:08 Speaker 15  
I've created medication list. What would you like to add to it?  
00:33:15 Speaker 10  
Neosporin.  
00:33:18 Speaker 15  
I've added Neosporin to your medication list. What else would you like to add?  
00:33:36 Speaker 10  
Limonite.  
00:33:44 Speaker 9  
I think she stopped.  
00:33:46 Speaker 2  
I think she stopped at that list.  
00:33:48 Speaker 4  
Maybe you can save the command again and then you could probably add another one.  
00:33:57 Speaker 10  
Hey, Speaker 15. Can you add some more to that list for me?  
00:34:09 Speaker 15  
What should I add to medication?  
00:34:14 Speaker 9  
What about Tylenol?  
00:34:16 Speaker 10  
What about Tylenol?  
00:34:20 Speaker 15  
I've added oranges to medication. OK.  
00:34:27 Speaker 4  
That's OK. Do you wanna you can delete? Orange or I know you added for the sake of time to great job adding that first one and then maybe in the breakout room you could practice deleting.  
00:34:47 Speaker 9  
Sounds good.  
00:34:48 Speaker 4  
Yeah. Great job. Yeah, great job. OK, thing, last we we have Speaker 3. Speaker 3, do you want to practice this one?  
00:35:02 Speaker 3  
OK, I'll ask you the payment fee. Speaker 7. Can can you create a medication list?  
00:35:14 Speaker 7  
That was medication. You already have a list of medication. What should I add to it?  
00:35:23 Speaker 3  
Tylenol.  
00:35:25 Speaker 7  
I have added Tylenol, your medication, right? What else would you like to ask?  
00:35:38 Speaker 3  
Pepto bismol. I think it only picked up on Tylenol.  
00:35:55 Speaker 4  
Try that again, Speaker 3.  
00:35:58 Speaker 3  
OK. Speaker 7, can you add Pepto Bismol to my medication list?  
00:36:05 Speaker 7  
Have that it kept your Tylenol to your medication needs. What other items do you want to add?  
00:36:14 Speaker 3  
No more.  
00:36:16 Speaker 7  
OK.  
00:36:17 Speaker 3  
Also, yeah, I have two on the said Pepto abysmal and Tylenol.  
00:36:22 Speaker 4  
Yeah, great job. OK, awesome. Great job creating the list. So now the second part, we're gonna practice is showing that list you just created.  
00:36:32 Speaker 3  
OK.  
00:36:33 Speaker 4  
So do you wanna go ahead and ask to share of your medication?  
00:36:54 Speaker 3  
Speaker 7. Show me. Yeah, it's. It is Pepto intone Tylenol.  
00:36:59 Speaker 4  
Did. Show it wasn't. Good job. OK, who wants to try this next?  
00:37:11 Speaker 7  
OK, put your hand up.  
00:37:13 Speaker 8  
Oh.  
00:37:14 Speaker 4  
Go for it.  
00:37:21 Speaker 4  
Ohh I think. Oh, I had both Speaker 8 and Speaker 10 talking at the same time, so whoever wants to try this first and then.  
00:37:31 Speaker 3  
Go ahead.  
00:37:32 Speaker 4  
Yeah. Do you want to go for it.  
00:37:41 Speaker 8  
Yes, I'll go. Speaker 13, show me my.  
00:37:48 Speaker 13  
Sorry I'm having trouble. Please try in a little while.  
00:37:49  
I know.  
00:37:52 Speaker 8  
In a little while, OK. Speaker 13, show me my medication list.  
00:38:00 Speaker 13  
Here's your medication list.  
00:38:03 Speaker 8  
There.  
00:38:04 Speaker 7  
Great.  
00:38:05 Speaker 8  
One cough drops and two aspirin.  
00:38:16 Speaker 9  
Speaker 10. Hey, Speaker 10, go ahead.  
00:38:20 Speaker 10  
Hey Speaker 15, read me my. Medication list.  
00:38:28 Speaker 15  
You have two items on your medication list. Oranges. Neosporin.  
00:38:37 Speaker 4  
Hey, I. I love how you improvise and said like read me and that that was still that was very good. OK, great. Speaker 2, you want to go next?  
00:38:48 Speaker 2  
Speaker 14, show me my medication list.  
00:38:53 Speaker 14  
Here is your medication list.  
00:39:03 Speaker 4  
Did it show you Speaker 2.   
00:39:03 Speaker 14  
Yes.  
00:39:07 Speaker 4  
Awesome. OK, great. So I think we'll now go back into our breakout rooms and then practice setting reminders and kind of like as a review from the first week reminders to take certain medications and then other self-care practice. OK. So yes, so well. Let me open or doctor, can you open that? Yes, thank you.  
-------------------------------------------------- 1:1 Interview ----------------------------------------------  
00:39:45 Speaker 3  
Hi, Speaker 1. Hi, Speaker 6.  
00:39:52 Speaker 6  
Hello.   
00:39:52 Speaker 1  
I was on mute. Sorry. Hi.  
00:40:00 Speaker 6  
OK, I need to find. Speaker 1, I can share my I can share the screen and then do you want to go ahead and? Should we go through the commands? So let me share my screen real quick. Oh.  
00:40:27 Speaker 1  
Yeah, because I have the slides cause I.  
00:40:30 Speaker 6  
You have the slides. Do you mind sharing? Can you share them? Because I don't have permission at the moment. Or I can ask Speaker 5.  
00:40:42 Speaker 1  
It's saying that I can.  
00:40:45 Speaker 6  
Ohh share screen OK. Yes you can. OK perfect.  
00:40:50 Speaker 6  
OK.   
And then I will note, oh, are you just OK?  
00:40:53 Speaker 1  
It won't let me. Yeah, because I'm disabled too.  
00:40:58 Speaker 6  
OK.  
00:41:04 Speaker 1  
But yeah, if you're sending reminders, that's one of the things that you mentioned earlier, Speaker 3.  
00:41:09 Speaker 3  
That to make it ohh I need this need to be ready for this in like 45 minutes or something to like flash on my screen. I'll need to get ready for PT or something.  
00:41:25 Speaker 6  
Yes. Should we try that? Speaker 3, do you want to try that right now and set a a, maybe a reminder. So let's do. Do you want to do 30 minutes before your PT session?  
00:41:40 Speaker 3  
All right, so. Speaker 7, can you set a reminder for 12:00 PM tomorrow for PT in an half hour?  
00:41:53 Speaker 7  
When should I remind you?  
00:41:56 Speaker 3  
12:00 PM.  
00:41:59 Speaker 7  
OK, I'll create a reminder for tomorrow at noon.  
00:42:04 Speaker 3  
Alright.  
00:42:08 Speaker 3  
Alright, I did it. Yeah, it says.  
00:42:09 Speaker 4  
Nice.  
00:42:12 Speaker 3  
Friday, August 2nd at noon. So I have to get ready for. PC at that time.  
00:42:19 Speaker 6  
Awesome.  
00:42:20 Speaker 3  
Yeah.  
00:42:23 Speaker 6  
Yeah. So the PT session starts at 12:30.  
00:42:26 Speaker 3  
Well, it's they want me there around like. So it actually starts at 12:45, but it's nice like they give myself 1/2 an hour to get ready and the only out of the door by 12:30. So like.  
00:42:39 Speaker 6  
Oh. Ohh good.  
00:42:41 Speaker 3  
Whenever the you know the clinicians have to be there on time at to meet them at the door. So say I need a little time.  
00:42:48 Speaker 6  
Yeah, good. I love how you already strategized and kind of gave yourself enough time to get ready and yeah, you.  
00:42:57 Speaker 3  
It's good for me to plan. I need time for that. Customers like. Well PT like. You have to. Well, I try to look presentable because it's PT you wear, like your sweats and like, not really that attractive but like. I want to look like. You know, athleisure, it's like kind of like trendy workout plans, but but that is because they, they know that a team of clinicians are my peers. So I want to look fashionable in my own head.  
00:43:30 Speaker 6  
Ohh yeah. Well, that's always. Yeah. I mean it's always, I mean you feel better too if you kind of like, yeah, absolutely.  
00:43:38 Speaker 3  
Yeah, it's confidence. Yeah, I'm going to do this and like, I need half an hour to get ready.  
00:43:45 Speaker 6  
Yeah. Oh, yeah. I mean, you know. Women, we need our time to get ready.  
00:43:51 Speaker 3  
If you need your time and like you know, I have to put my hair up in a ponytail. That. Looks. No straight line behind my head because like you know, sometimes those PT clinicians comes and just put you on your back on the pad. It's like you wanna hang your hair out of the way?  
00:44:07 Speaker 6  
Yeah. Oh, yeah. Speaker 3, I can see you already thinking about. Everything and you, you have all your outfits for different therapy sessions. I like that you're very organized. You're very.  
00:44:18 Speaker 3  
I'm really organized. I'm I'm a scientist, so I can think everything has to be. It's categorizing. Everything has a box to stick it.  
00:44:27 Speaker 6  
I love that. OK. All right. Let's go back to our slide. All right. I think we are on this one. OK. All right. Go ahead, Speaker 1, we can kind.  
00:44:44 Speaker 1  
OK, sure. So kind of like the the alarm you just set, this one's going to be specific for the medication like the medication you mentioned for that you take for seizures, yeah. So you can try that command. They wrote it up here and you can try it with that medication.  
00:45:05 Speaker 3  
All right. OK. Speaker 7. Remind me to take Keppra at 7:00 AM.  
00:45:29 Speaker 3  
Yeah, that was good. That was like my morning dose. Yeah, it's on there, it says.  
00:45:35 Speaker 1  
OK, good. And you can do the same thing?  
00:45:38 Speaker 3  
For the night dose, yeah. Speaker 7, can you set a reminder? For taking my my nightly medicine Keppra at 7:00 PM. 7:00 PM.  
00:46:03 Speaker 7  
OK, I'll create a reminder at 7:00 PM.  
00:46:09 Speaker 3  
Well, it seems like she has both. Of them now.  
00:46:12 Speaker 1  
OK, that's great.  
00:46:15 Speaker 3  
Yeah. If I say if I string it like word by word, she had to follow it like that.  
00:46:22 Speaker 1  
That's OK. Yeah. Sometimes the way we say it, she'll she'll want us to say it in a specific way, but that's good. So now you two alarm set for every day.  
00:46:34 Speaker 3  
Yeah, every day. Yeah.  
00:46:37 Speaker 1  
OK, great.  
00:46:38 Speaker 3  
Yeah.  
00:46:43 Speaker 6  
Should we move on to the next one? Let's try this one.  
00:46:53 Speaker 1  
OK, so this one when we you need to find an over the counter medication so you can if you're trying to look for a specific medication, you can ask Speaker 7 where to find that medication so. What medication would you want to find?  
00:47:16 Speaker 3  
Probably would like to find like Tylenol like pain reliever like. Maybe I’ll just command her.  
00:47:25 Speaker 1  
OK.  
00:47:25 Speaker 3  
Oh, OK, Speaker 7. Where do I find Tylenol?  
00:47:34 Speaker 7  
I found a few options for that. CVS Pharmacy, who is 6 miles away on campus Drive and 1:50 right in. .7 miles away on Culver Drive, Urban Medical Center pharmacy 6.3 miles away on 7th Ave. St. 101 you can ask me for things like what's the address for the first one?  
00:48:04 Speaker 3  
Well, she just gave me three options where I can buy it.  
00:48:09 Speaker 6  
Nice, I know. And she even read you the addresses.  
00:48:12 Speaker 3  
Yeah, it's like, well, I've gone to that one before. It's like right down the street from my house.  
00:48:17 Speaker 6  
Oh, good. She's pretty accurate, right? Yeah.  
00:48:21 Speaker 3  
I like how she's like spot on because like, my brain is analytical like that. So I can I like how she sticks to it.  
00:48:30 Speaker 1  
Yeah. OK, great. Well, yeah that I think that's really helpful that way. You know if you know that you can't have to go to a close one, then she tells you how far it. Is so then you can the one that. It's close.  
00:48:50 Speaker 3  
Or like sometimes I go to like. I mean, I'm going to like a session now, I guess like my PT clinic is on the right and that one right there is on the route just to get it on the way or something like that.  
00:49:05 Speaker 1  
Yeah, that would be super, super helpful.  
00:49:07 Speaker 3  
You know, because like, well sometimes like. They make me work at PT, so maybe on the way back I need to get. Some Tylenol.  
00:49:18 Speaker 6  
Nice.  
00:49:21 Speaker 1  
So, Speaker 3, do you do your laundry?  
00:49:24 Speaker 3  
I do, but I I just took time. I've been right now I don't have a lot right now, but sometimes like, well, I have a little bin. If it's full, I can do one little. But it's only about like half full right now, so. I usually when my bin is full, I can stick it in. It's like 1 load per bin so.  
00:49:46 Speaker 1  
OK. Do you just wait till it gets full or do you do it? You know, once a week or once a month or.  
00:49:55 Speaker 3  
I usually rely on my bin like cause it's a size about like one load and usually I have. It's just like I usually label everything is like color like colors and cotton cause like it washes everything even though something so like. Different kinds of fabric. When you wash it all together, I have like a dyed a towel with a cut, cut, cut color in it. I have white underwear. They get dyed.  
00:50:30 Speaker 1  
So do you read it?  
00:50:32 Speaker 3  
Yes, and I use separate and then also I do my sheets once a month like the sheets in my bed. So I have to do that load by itself like with like a hot wash like hot temperature because like. It's cotton and it it kills like stuff on my bed and needs to get it. Clean.  
00:50:54 Speaker 1  
OK. Yeah, that's great. OK. So this one, the first step is how to do laundry. So I know you do your own laundry, but we can ask Speaker 7 and see how Speaker 7 says to do laundry.  
00:51:09 Speaker 3  
OK, I’ll try. OK Speaker 7. How do I do my laundry? She gave me a couple. Then you click on or maybe select number one.  
00:51:32 Speaker 4  
Thanks.  
00:51:37 Speaker 3  
OK, so Speaker 7 select number 1.  
00:51:44 Speaker 7  
From nearly dark 18. To give stretch things out of white clothing, use a one to one ratio of dish soap, hydrogen peroxide and baking soda, and enough water to soak. A shallow bucket works well. Once the item is soaked for 30 minutes, washer is usually when you're ready to do laundry, zip it and tossing the load.  
00:52:11 Speaker 3  
Well, she just read to me about how to. Wash UM sweat stains out of UM like white clothing and using like a a combo of baking soda and and soap and hydrogen peroxide. Different like ratios and you say? Ohh stick it in.  
00:52:32 Speaker 1  
That's really helpful.  
00:52:33 Speaker 3  
You know, it's like, well, it's really I liked how it's really different like you know, when you have a scientific procedure different like it's like different parts of it like you have got the whole like procedures, then you have the the beginning, this and this and this it is scientific.  
00:52:59 Speaker 6  
I love that. It's all, it's all like analogy, right? They're all analogy, yeah.  
00:53:12 Speaker 1  
OK, so I was thinking that we could try to set a reminder for to do it at a specific time because you do your sheets once a month. Maybe you can have Speaker 7. You can pick a date and then just have Speaker 7 tell you on that date.  
00:53:30 Speaker 4  
All right.  
00:53:33 Speaker 3  
Speaker 7. Can you set a reminder for me to do my laundry on August 15th?  
00:53:43 Speaker 7  
What time should I remind you?  
00:53:49 Speaker 3  
8:00 AM.  
00:53:51 Speaker 7  
OK, I'll create a reminder for August 15th at 8:00 AM.  
00:53:57 Speaker 3  
Well, she just made a reminder for me, she said. 8:00 AM on August. August 15th, halfway through the month, and. I have no appointments during that early morning time.  
00:54:13 Speaker 1  
Oh, perfect.  
00:54:14 Speaker 3  
It worked for my schedule.  
00:54:18 Speaker 1  
That's great.  
00:54:22 Speaker 6  
And Speaker 3, on the Speaker 7 screen, does it say laundry as the name of the reminder or? Maybe you can ask Speaker 7 to. Show you your reminders. Alright? Yeah.  
00:54:43 Speaker 3  
Speaker 7, can you show me my reminders?  
00:54:55 Speaker 6  
Do you? Do you see one that says laundry on August 15th, or it's just a blank?  
00:55:00 Speaker 3  
It's no, it's there's a bunch of them, so it says on August 15th. Do my laundry 8:00 AM and then. And. So every Thursday at like 520 prepare for Trojan space and then. Friday. Tomorrow it says. Half an hour PT, so it's 12:00 PM. Half an hour. That's like a reminder and then. I have my dosage. For taking my meds in the morning and night time, so I think there's about. Looks like there's about six things in the reminder list for me now. So I'm happy.  
00:56:00 Speaker 6  
That's awesome. And you did them all. Yeah, I think you.  
00:56:05 Speaker 3  
We may have a step by step. It's easier for me to think that way.  
00:56:09 Speaker 6  
Yeah, you set them all up very nicely. Very good. OK, next one.  
00:56:18 Speaker 1  
OK, so we can do the stains out. You kind of did that one when you asked how they did the laundry, she kind of told you how to get. The stains out. Maybe we can try the one about fabric softener.  
00:56:40 Speaker 3  
Uhm, OK, I'll try the command, OK. Hey. Speaker 7. When do I use fabric softener?  
00:56:59 Speaker 7  
Every cycle, but it is usually recommended to use it every few washes.  
00:57:06 Speaker 3  
Wow, she just told me that. It's used in every cycle or. Can we rotate it like recommended every two or? Every, every other wash and. Every like and as needed. So to add your fabric softener thing. It's like kind of your own choice you do you need it or you can just let it go.  
00:57:31 Speaker 1  
Oh, OK. Do you use fabric softener?  
00:57:41 Speaker 3  
Yes, if like the item we're trying to wash. Can be kind of like like stretched out. So I need to make it. So some things need to be a little crisp anywhere.  
00:57:57 Speaker 1  
OK, that's great. Let's try the next one. OK, so this one. So if your head's really hurting and you have a headache or a migraine. We can try to ask Speaker 7 how to how do we would treat that.  
00:58:20 Speaker 3  
All right. OK, cool. Speaker 7, how do I treat a migraine?  
00:58:29 Speaker 7  
There's something I found on reference.com. Home remedies for migraine food applying ice packs to the back of the head with temple taking and not taking a warm shower or bath inside, drinking water resting, and with physical therapy.  
00:58:52 Speaker 3  
Ohh, she just read off things to do. You have migraine symptoms and different techniques you can do like put ice on the back of your neck or go to PT clinic and. Like soothe yourself.  
00:59:09 Speaker 1  
Do you ever get migraines?  
00:59:12 Speaker 3  
I actually do not get migraines.  
00:59:15 Speaker 1  
OK, good.  
00:59:17 Speaker 3  
But some people do. It's like a lot of people.  
00:59:21 Speaker 1  
Yeah, those are good ways to help if you if you do get migraines. But even if you get a headache they might help.  
00:59:26 Speaker 3  
Yeah, like it's good to like. Like sometimes you just want to like, listen to some chill music and just. Check out.  
00:59:39 Speaker 5  
Yeah, that could help too.  
00:59:41 Speaker 3  
Like sometimes, like when they're doing a lot of other things with my day, sometimes you have to take a break.  
00:59:50 Speaker 1  
Yeah, that's really helpful. OK. Should we try another one? OK, this one's for stomach pains, OK.  
00:59:58 Speaker 3  
I'll try, OK. Speaker 7. What do I take for stomach pains?  
01:00:08 Speaker 7  
I don't know that one.  
01:00:12 Speaker 3  
He just said. I don't know that one.  
01:00:20 Speaker 1  
Well, let's see. So what? What is something we could take for stomach pain? There's medicine like.  
01:00:31 Speaker 3  
Like anti acid or something like that like so everyone has different pains.  
01:00:38 Speaker 1  
I think wasn't there when you put on your medication list.  
01:00:41 Speaker 3  
Ohh, like Tylenol? Like a pain med.  
01:00:45 Speaker 7  
Interactive adventures with character.  
01:00:47 Speaker 1  
Or Pepto bismol.  
01:00:49 Speaker 3  
Yeah, Pepto bismol.  
01:00:52 Speaker 1  
Yeah, that I think might have been on that list too. So we could read the list off of like medications that you would take. Help remember.  
01:01:06 Speaker 3  
Yeah. Speaker 7, can you read me my medication list?  
01:01:19 Speaker 7  
I don't know.  
01:01:21 Speaker 3  
Yeah, she just read it to me. Pepto Bismol and Tylenol.  
01:01:29 Speaker 1  
OK. Yeah.  
01:01:31 Speaker 3  
She she read it.  
01:01:34 Speaker 1  
OK, great. Should we try one more?  
01:01:41 Speaker 3  
All right.  
01:01:43 Speaker 1  
OK, so for this one it says finding a specific healthcare provider, so we could probably tell Speaker 7 what kind of doctor give a like, what kind of doctor would you want to find?  
01:01:56 Speaker 3  
I'm probably a good dentist, so you specific Doctor. OK, I command her OK. Speaker 7. Find me a dentist.  
01:02:13 Speaker 7  
Found a few options for them. It was Spring Hills Dentistry 5.6 miles away on Newport, Dr. Irving Children's Dentistry 2.7 miles away on Culver, Dr. E University Park Dental 4.1 miles away on university.  
01:02:35 Speaker 3  
Well, she just gave me three options for different choices for dental care in my area. Even though I think my dentist is farther farther away but it's just good to read those options to.  
01:02:49 Speaker 1  
Yeah. And I think if you asked her again, she could like to find more. She could umm, search, search for more. Yeah. Or if you, I think search for your dentist. She could probably tell you where that is too.  
01:03:05 Speaker 3  
All right. We will try to ask. Speaker 7. Can you? Look for Irvine dental.  
01:03:20 Speaker 7  
Found in Irvine Dental. Irvine Dental was 4.8 miles away.  
01:03:25 Speaker 3  
I just found it.  
01:03:29 Speaker 1  
Great.  
01:03:30 Speaker 3  
Yeah, she just wrote me the address and. It just said it's currently closed because it actually stops at six and it says, well, it gave me the address and the suite where it's at so. I go there sometimes, like every couple months, so if I need to like check up or. I have a cavity. I don't like that, but it sends you to get it pulled.   
01:03:30 Speaker 1  
Yeah, that makes sense. Well, that's great. And next time you go, maybe you can use Speaker 7 to help with the address and have the address  
01:03:30 Speaker 3  
Like sometimes, like, well, when my mom drives somewhere, I can just plug it into her like. She puts her little. Map thing and Google Maps and just type in the address and go.  
01:04:22 Speaker 1  
Yeah. That's great.  
01:04:26 Speaker 3  
Yeah.  
01:04:37 Speaker 6  
Those are all the commands. And Speaker 3, you did them with 100% accuracy, so that was great.  
01:04:43 Speaker 3  
Thank you.  
01:04:51 Speaker 6  
OK, I think we are good to go back to the main room. OK, OK.  
01:05:02 Speaker 5  
OK, I'm going to stop the breaker room. Good job. Nice work, Speaker 3. I really feel like you can utilize this on top of everything that you've been using.  
01:05:13 Speaker 3  
I have my phone alarms and now have my Speaker 7 back it up, yeah.  
01:05:19 Speaker 5  
Feel free to pick your preferred ones because we don't want you to fully cover and drop what you've been doing. OK? Yeah, just pick what's easy for you.  
01:05:21 Speaker 3  
Alright.  
------------------------------------------------- Group Therapy ---------------------------------------------  
01:05:34 Speaker 5  
Hi everyone.  
01:05:42 Speaker 5  
I hope you had a great session today. And I will. Be oh, I have a few more people here. OK, well, I just want to let you all know that I will be able to send your homework and slides a little bit earlier this week because we figured out all the technology problems. So I expect another homework for this week on self-care information. Just just to double check, did you all submitted your homework for week 1 and week two? You got all the slides. I know, Speaker 8. You got it, Speaker 10. You got it. OK, Speaker 2, you got it too.  
01:06:21 Speaker 8  
Yep.  
01:06:25 Speaker 2  
Can I ask you a question? When is the last session?  
01:06:34 Speaker 5  
Yeah, that's a great question and thanks for asking. So we're on week 3 next week, Thursday, we will do week four. I believe. Laura, you're leading that one right. And the last session. So next week, next Thursday will be August 8th. And then the last session. Will be August 15th, the Thursday that Siona is going to lead, and that's the last actual session where you're going to learn from our PowerPoint train. OK, so after that we will schedule a time. It doesn't have to be like Thursday. It could be any time, but if you wanted to stay the same Thursday, which means it will be August 22nd the. So think week six if you go by numbers in your head. Week six, we would like to hear from you just. We will ask you some questions about how you feel about the program and then you can share with us everything you wanted to share, including just, you know how it works well or how it didn't work well. You can bring your caregivers too. So if you have people living in the home with you, you can all share together because. Chances are this may had some impact to your whole family. Maybe they love having it and they see some good improvements and benefits. Maybe they have ideas too. We want to hear from all of them, so feel feel free to bring them as well. And I will send you homework and your slide from today because I saw a lot of really good exercises and we'll see chatter next Thursday same time.  
01:08:17 Speaker 8  
OK.  
01:08:18 Speaker 7  
Any questions?  
01:08:20 Speaker 9  
Speaker 8, we were in the middle of changing his wake up word. So Speaker 8, if you still wanted to, you can just stick around for a little bit. We'll do it and then we'll let you go. I promise.  
01:08:32 Speaker 5  
And and if you have, if you are clinician, feel free to stay here so we can be brief real quick and it should take probably 5 minutes. Other than that, have a wonderful day and see you next Thursday. Bye.  
01:08:52 Speaker 9  
All right, Speaker 8, I'm going to open the breakout.  
01:08:54 Speaker 5  
Room. OK. Oh, you all don't have to go because only Speaker 8 and Speaker 11 and Speaker 12 can go. And don't forget to record.  
01:09:04 Speaker 6  
OK.  
01:09:06 Speaker 8  
You want me to join or not?  
01:09:08 Speaker 5  
Yes, Speaker 8, you're going to go ahead and join. We're going to change the wake up word for you. OK. Here we go. OK, let's stop recording. Thanks so much, Speaker 16.  
01:09:30 Speaker 6  
Yay, great job. OK, stop.