\*\*SOAP Note\*\*  
  
\*\*Subjective (S):\*\*  
The participant, R.T., a 31-year-old male, attended a virtual cognitive assessment and training session. R.T. currently resides with his parents post-injury, receiving their consistent support. The patient reported difficulties primarily with short-term memory, exhibiting trouble recalling information stated recently, while noting better retention for long-term memories. R.T. maintains his California Clinical Scientist license and is actively seeking employment consistent with his prior experience in laboratory settings. He's practiced using tools like Siri but primarily relies on traditional calendar methods for organizing daily tasks, highlighting difficulties in certain spontaneous recall or task execution scenarios.  
  
\*\*Objective (O):\*\*  
Several assessments were conducted during the session:  
- Memory assessment via repetition of numbers, words, and tasks was performed.  
- Cognitive execution tests assessing ability to follow instructions involved physical actions and yes/no responses.  
- Verbal fluency was assessed through listing tasks (e.g., animals, fruits, US states) revealing occasional word-finding pauses.  
- R.T.'s functional capabilities with tech-based tasks and general cognitive processing appeared consistent, with reliance on structured aids like dual calendars for organization.  
  
User Needs Assessment:  
- Technology engagement: Utilizes Siri minimally; does not actively use Speaker 4/Alexa functions.  
- Evaluation involved using Speaker 4 commands across scheduling, medical needs, meal prepping, and additional functional tasks, revealing most tasks scored as needing minimal assistance (score of 1 or 2).  
- R.T. showed variable familiarity and confidence with proposed Speaker 4 commands, excelling more in guided practices than direct independent execution, particularly in newer or less-common tasks.  
  
\*\*Assessment (A):\*\*  
R.T.'s cognitive function demonstrates resilience in maintained long-term memory but significant challenges in short-term retention and spontaneous verbal fluency, aligning with his subjective reports. The structured prompts improved his performance, showcasing potential in employing tech solutions for regaining independence post-injury. Continued caregiver support and structured guidance seem essential for managing daily activities and therapy tasks. His ability to form strategies for recalling information indicates cognitive adaptability, particularly with technique reinforcement through therapeutic interventions like speech therapy.  
  
\*\*Plan (P):\*\*  
- \*\*Retrieval Strategy Reinforcement:\*\* Encourage continued speech therapy focusing on memory techniques and word-finding strategies.   
- \*\*Technology Familiarization:\*\* Introduce regular practice sessions using Speaker 4 devices to increase comfort and independence with digital task management (e.g., setting, modifying appointments, and reminders).  
- \*\*Family and Caregiver Involvement:\*\* Educate caregivers on assisting with tech adoption and reinforcing training strategies at home.  
- \*\*Cognitive and Occupational Therapy:\*\* Include occupational therapy focused on memory aids, organizational skills, and potential professional task simulations to bolster his return to work plans.  
  
\*\*Home Exercise Program:\*\*   
- Task 1: Practice setting and canceling alarms with Speaker 4, starting basic and increasing complexity as confidence improves.  
- Task 2: Set reminders for therapies/appointments on Speaker 4, enhancing recall and autonomy in schedule management.  
- Task 3: Use visualization and association techniques discussed in therapy for verbal fluency and spontaneous recall.  
- Task 4: Ensure engagement with enjoyable cognitive exercises/games that reinforce memory retrieval skills and strategy use.  
  
R.T. is encouraged to continue using his familial supports while integrating technology to gain confidence in independent cognitive task management. Continued evaluation and advancements in therapy align with the goal of enhancing daily life and professional reintegration.