Get Out of the Motivation Rut and On the Road to Success

Presented by Maryanne Weatherill PhD, CCC-SLP
Just like the road, whether you are a patient or a caregiver life’s challenges are
Different for everyone
Full of ups and downs
And twists and turns
The path may be hard to see
And is almost never easy
How do we keep moving forward when challenges arise?
Find a way to maintain motivation and keep moving in the right direction.
What is motivation?
Motivation has many different definitions
Motivation is different from person to person.
And situation to situation
Sources of motivation can be internal or external.
What is motivation based on?

Individual needs for
- Autonomy - combines your sense of self with the ability and desire to act
- Competence - ability to influence your environment
- Relatedness - connections with others

Influenced by
- Your own attitude about your goal or behavior
- Attitudes of others about your goal or behavior

(Ryan & Deci, 2000)
(Aizen, 1991)
Keeping all these factors in mind, let's define motivation as:

Positive feelings about a behavior, which are supported by one’s important others, that result in taking action.
There are many common issues and concerns.
Do you know what you want to do but can’t get started?
Strategy #1: Start Small and Set SMART Goals

SPECIFIC MEASURABLE ACHIEVABLE REALISTIC TIME-BOUND

(Hersh et al., 2012)
Do you start things and not finish them?
Strategy #2: Troubleshoot Barriers

- Financial
- Support
- Access
- Time
- Emotional
Do you get overwhelmed?
Strategy # 3: Support Cognition

- Energy conservation
- Pacing
- Modify environment
- Take breaks
Do you let anxiety, sadness or frustration hold you back?
Strategy #4: Find your hope
Strategy #5: Pay attention to progress

- Use checkpoints for progress
- Celebrate small successes
Depression is a real problem!

It's OK to seek professional help!
Do you need someone else to help you stay motivated?
Strategy #6: Use your support system

CONNECT WITH OTHERS  ASK FOR HELP  ACCEPT HELP
Time to grab a friend and get going!
Participant Registry

Purpose: to connect researchers at the Atlanta VA Center for Visual and Neurocognitive Rehabilitation (CVNR) with people who are interested in participating in research studies

- Enrollment is open to individuals 18 years or older at no cost
- Information collected includes:
  - Name
  - Contact Information
  - Brief health history

For more information:
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Questions?
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References


