

## HOBIT GOSE TOP 10 TIPS

- 1) The single most important question is “why”. It’s critical to understand WHY someone cannot do something. Is the reason related to the TBI or something else (e.g., physical injury, weather, finances, pandemic rules)?
- 2) Ask what the participant CAN do, not what s/he HAS done.
- 3) It is crucial that both the participant and caretaker are interviewed to obtain as much information as possible.
- 4) It is important to explicitly ask about whether the participant can be left alone for 8 hours and (if applicable) 24 hours. Being left alone means that the participant would be safe and can meet his/her most basic needs.
- 5) For the shopping question, simply ask about going into a store, shopping for a single item (such as a loaf of bread), paying for it and leaving.
- 6) Most participants will not be back to driving yet, so ask whether the participant can take public transportation such as a bus, taxi or Uber. To be considered “able” the participant must be able to make travel arrangements, direct the driver/know what stops to use and pay the fare.
- 7) Reduced work is a broad category: Any paid, competitive work that is not at least equal to (in terms of type, amount or efficiency) the participant’s previous work status, is considered to be “reduced”. Please see the GOSE Guide for more guidance on this question as it is so complex.
- 8) Always begin the S&L activity question by asking what the participant did for fun before the TBI in an open ended way. Do not list out or ask about specific activities.
- 9) There are two main components of psychological problems question that must BOTH be present to answer this question affirmatively. These are, psychological problems and disruption of/strain on relationships. The purpose of this question is to find out if any increase in psychological problems have put a strain on the relationship. If there has been no increase on the disruption in the relationship, mark “no” even if there has been an increase in psychological problems.
- 10) For the last question, if there are any problems present, but not already asked about, mark “yes”. It is not necessary to ask about an exhaustive list of problems. One issue is sufficient.