



## **Cognitive Rehabilitation and Memory Training**

### **Working to maximize functioning at an optimal level.**

Cognitive training can enhance memory, mental agility, and attention.

In addition to providing neuropsychological evaluations, our practice is committed to the treatment of patients who have been diagnosed with neuropsychological disease or trauma. Cognitive revocation is designed to address the cognitive cycle life of a neurological disorder in order to improve one's functional performance in their day-to-day life. This takes the form of helping patients develop compensatory strategies to minimize the functional impact of their cognitive deficits. In addition, patients work on cognitive rehabilitation exercises designed to actually improve upon an area that has been impaired. The goal is to maximize one's ability to function at their optimal level in their home, community, work, and school; as well as in their leisure, recreational and social activities.

Some of the common conditions retreat with cognitive rehabilitation therapy include stroke, dementia, Alzheimer's disease, traumatic brain injury, concussion, ADHD and other head injuries.

With the proper exercises, memory, attention, and reasoning can be improved. The more you practice a particular skill, the stronger that skill becomes. These changes can actually be seen in your brain! Areas of the brain use frequently strengthening grow. With the proper help, cognitive training can enhance mental prowess and cognitive capacity.

The purpose of cognitive remediation is to improve the underlying skills that allow us to succeed intellectually, socially, vocationally, and at home. Cognitive training utilizes a variety of exercises that are specifically designed to improve many skills including the following:

- Attention/Concentration
- Memory
- Planning
- Organization
- Mental Flexibility
- Sequencing
- Problem-solving

often individuals with dementia, strokes, Traumatic Brain Injury, or other neurocognitive disorders experience failure because of a weakness in an area of cognitive functioning which is needed to complete the task successfully. Cognitive remediation will strengthen these skills through a variety of tasks which gradually increase in complexity and difficulty as the particular cognitive ability improves.

Cognitive training generally leads to improving self-esteem as an individual builds upon their successes with frequent, individualized, positive feedback from your therapist and related success at home, at work, socially, and in the community.