

COGNITION

Thinking, knowing and doing



THE WRIGHT FAMILY-

What is left can't be right????

Cognitive Processing

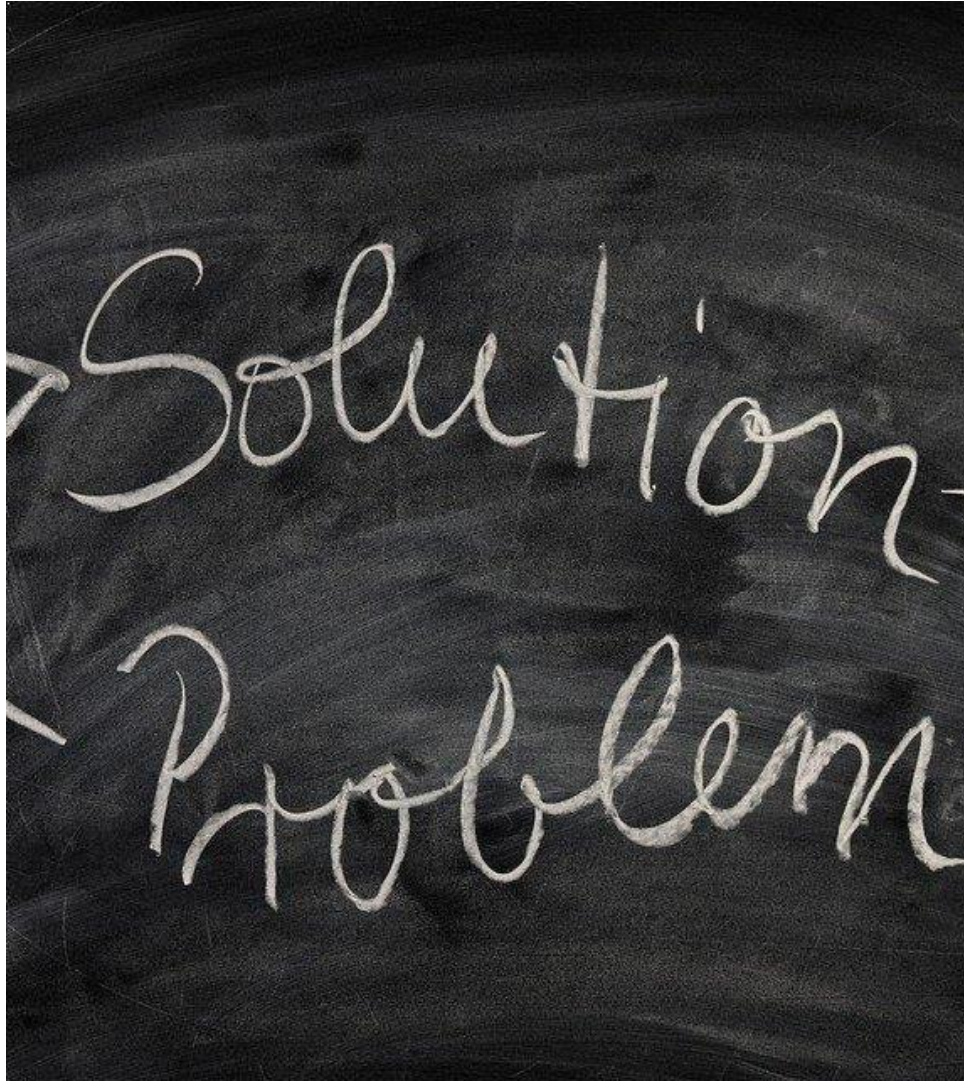
.....

- Is Complex
- Happens Quickly
- Requires Alertness
- Relies on Attention
- Relies on Memory
- Relies on Orientation
- Requires Problem Solving
- Requires Insight





ALERTNESS



What Can We Do To Help

- Observe the environment for sensory overload
- Choose activities that are meaningful for the person
- Break the task down into smaller components
- Be gentle



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ATTENTION!


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What Can We Do To Help.....



MINIMIZE NOISE AND
DISTRACTIONS



PROVIDE SIMPLE AND
SHORT INSTRUCTIONS



TRY TO MAKE DIRECT EYE
CONTACT



GIVE MORE TIME TO
THINK



PHYSICALLY ENGAGE
THE PATIENT IN THE
ACTIVITY



SPECIFIC TIME PROMPTS
MAY ASSIST THE PERSON
TO ATTEND FOR LONGER
TIMES



MEMORY

What Can We Do To Help.....

Ensure attention is adequate and provide short, simple directions

Repetition is key

Provide information in small amounts and when possible relate it to something the person knows

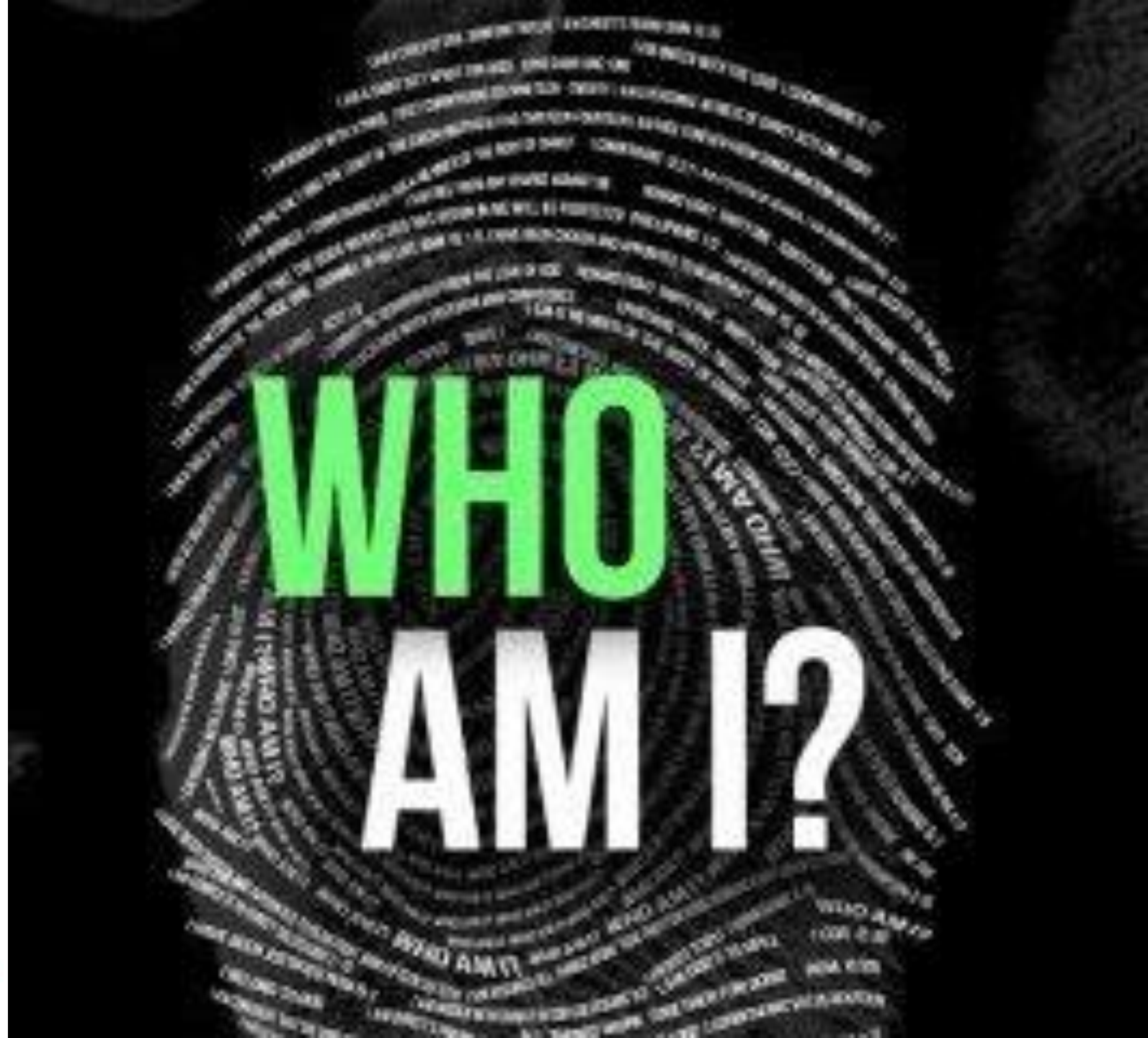
Establish and maintain consistent routines to structure the day's activities

Store items in the same place

Encourage use of memory aids

As much as possible consistent caregivers help establish routine

ORIENTATION



What Can We Do To Help?

- ▶ Link events to other events but not time
- ▶ Acknowledge a person's perception
- ▶ Maintain a consistent schedule, post it, review it
- ▶ Use compensatory strategies like a calendar, post names, use whiteboards for upcoming events
- ▶ Use signs or pictures or other familiar items to orient the patient
- ▶ Use landmark cuing and label items if needed





PROBLEM SOLVING



What Can We Do To Help?

- Facilitate problem solving during meaningful tasks
- Practice sequences of problem solving using common and relevant scenarios
- Don't just do it! Involve the person you are working with i.e. "what should we do?"



INSIGHT

What Can We Do To Help?

- ▶ Observe the person's behaviour when determining capability: the person may say they can when in fact they can not
- ▶ Avoid situations where the person may be challenged beyond their capability and assume a risk i.e. leaving a person who needs assist to transfer on the toilet independently
- ▶ Facilitate learning by reflecting with patient on unsafe situations as they happen
- ▶ Keep the environment safe
- ▶ Provide the necessary supervision





IMPULSIVITY

What Can We Do To Help?

- Remind the person to slow down
- Give clear instructions
- Small steps to focus on one part of the task at a time
- Make the environment as safe as possible.





Perception



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- <https://youtu.be/-IWk5NkxQF8>



Adapted with permission: Mary Warren Phd, OTR/L, SCLV,
FAOTA – visABILITIES Rehab Services Inc.



Visual Acuity Loss

ACCOMMODATION DIFFICULTIES



DOUBLE VISION





Hemianopsia

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How Do These Changes Affect People?

Headaches

Anxiety

Difficulty
finding items

Getting lost

Overfilling
water glasses

Missing when
reaching

Tripping

Misjudging
distances

Bumping into
things

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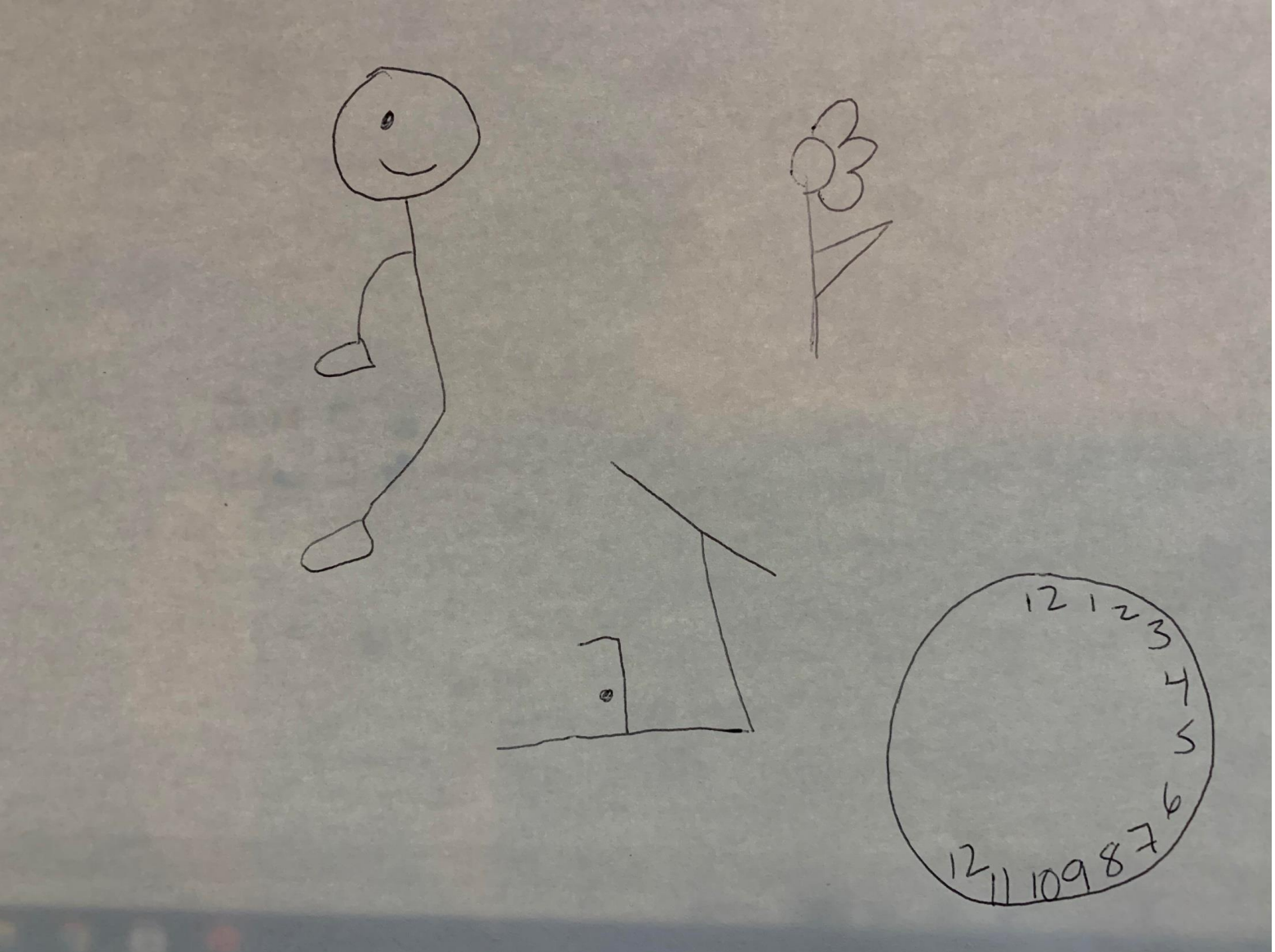


How to Help?????

- supervision
- reducing obstacles and clutter
- using adaptive equipment when needed
- taking same routes to get somewhere
- keeping items in the same place
- contrast colours
- identifying yourself when approaching



Unilateral Neglect



How Can We Help????

Training versus Accommodation

- ▶ Approach client from the neglected side (training)
- ▶ Carry out interactions from the neglected side (training)
- ▶ Ensure essential items are positioned towards the intact side i.e. phone, urinal, water, remotes etc. (accommodating)
- ▶ Place toiletries to the neglected side if you can cue to scan to locate items
- ▶ Encourage person to wash neglected side
- ▶ Keep clothes on the neglected side and encourage dressing of the neglected side first
- ▶ Place your hand on the neglected side to give sensory feedback to this side.





LEFT RIGHT DISCRIMINATION

Body Scheme Disorders





SPATIAL DEFICITS

How to Help in General.....

Organize and
unclutter the
environment

Use contrasting
colours whenever
possible

Signs to help
locate items

Limit right and left
directions

Provide cuing
when needed

Reinforce body
parts during
personal care
activities

Touch the limb
you are referring
to

Set up the
environment for
success

- *PICK SOMETHING UP THAT IS CLOSE BY TO YOU.*
- *PUT IT IN THE CHAT COMMENTS WHAT IT IS.....*



Apraxia



- The inability to perform purposeful movement in the presence of intact motor control, coordination, sensation and comprehension

Ideomotor

- inability to carry out a movement or task to command or imitation but they can perform spontaneously i.e Person can't brush their teeth when asked to do at a certain time- later you may see them brushing their teeth



Ideational Apraxia

- Inability to carry out the steps of the task in the correct sequence or at all- overall concept of the task is lost. You may see a person being able to perform each individual step however not put it all together. i.e. using a toothbrush to brush hair, toothpaste on comb





Dressing Apraxia

Occurs when a person has difficulty dressing themselves even though they are physically capable of doing so. They may orient the clothing the wrong way, upside down, inside out, two legs in one pants hole, arm through the head hole of the sweater. It is difficult to figure out what is wrong and how to fix it.



How To Help?

- **Keep instructions simple and brief**
- **Keep routines as familiar as possible**
- **Provide hand over hand to guide if needed**
- **Have a person visualize task prior to performing**
- **Have the person verbalize the steps out loud while performing tasks**
- **Break the task down into smaller, more manageable parts**
- **Do activities where it makes sense to do them**

WE ARE HERE TO
ENCOURAGE
STRENGTHS AND
TO BUILD UP
WEAKNESS.



Questions.....

Thank You!