

Cogmed

What is Cogmed:

Cogmed Working memory Training is an evidence based program that assists individuals to sustainably improve attention and concentration by training their working memory.

- Online computerised training program specifically training attention, concentration, working memory.
- Currently more than 60 published research papers, and many are still ongoing.
- More information: www.cogmed.com/published-research

Cogmed in Workplace Rehabilitation:

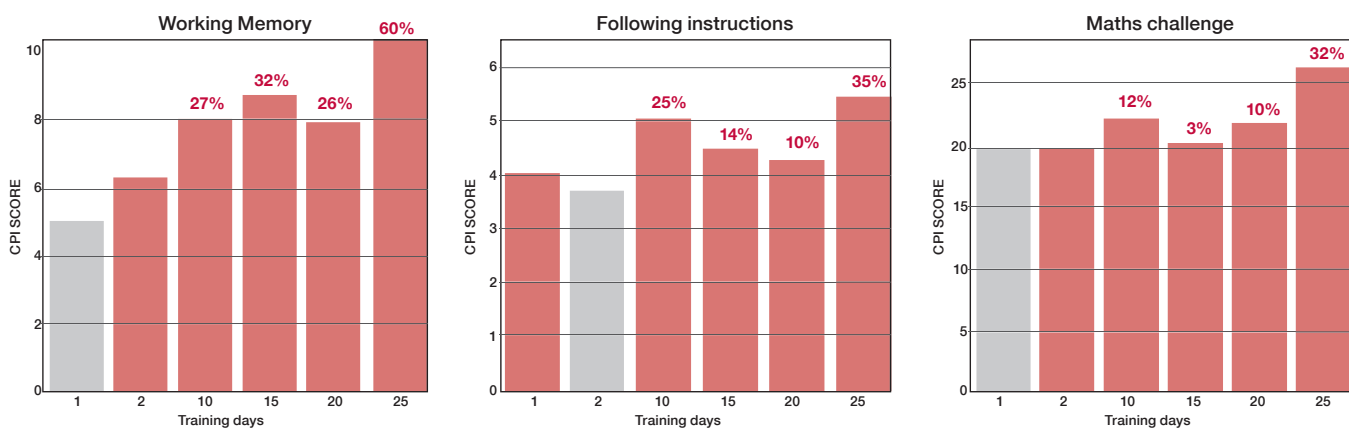
- Goal: To provide cognitive training in order to address cognitive difficulties and facilitate RTW.
- Client completes sessions online, usually three sessions per week, over an 8-12 week period depending on the program best suited to the individual.
- Regular face-to-face sessions with a Certified Cogmed coach to provide strategies and monitor progress. Coaching frequency varies – usually once every five sessions.

Training/ coaching schedule following case manager approval:

- Meeting between Cogmed Coach, Rehabilitation Consultant and Client to present him the program.
- Introductory session: assessments, session frequency determined, program planning, training goals, client information.
- Training: several sessions per week over several weeks that are part of SDP
- Face-to-face sessions with Cogmed Coach on regular basis to monitor progress and provide client with professional advice.
- Wrap-up session: Final assessments, training goals assessment, feedback.

Cogmed Progress Indicators (CPI) – example of the objective reporting that can be provided:

CPI was designed to measure improvement of working memory on non-trained tasks with the Cogmed program.



Some of the improvements that can be expected:

- Improved concentration
- Improved memory
- Improved ability to focus on tasks
- Increased work capacity re: hours worked
- Increased task complexity that could be performed by the individual and decreases in the time required to complete the task
- Decrease in fatigue
- Increase in ability to work independently
- Improved ability to manage multiple tasks
- Improved initiative
- Increased confidence due to observable and measureable improvements



Working Memory Checklist

Problems with working memory may exist if the individual:

- ☐ Is easily distracted when working on or doing something that is not highly interesting.
- ☐ Has trouble with activities that require both storage (remembering) and processing (manipulating information).
- ☐ Struggles with reading comprehension and has to read through texts repeatedly to understand.
- ☐ Struggles with solving problems that require holding the information in mind, for example mental maths calculations.
- ☐ Is inconsistent in remembering maths facts.
- ☐ Struggles with completing tasks, especially multiple step tasks – they usually cannot remember the information needed to guide them through the activity and subsequently ‘zone out’.
- ☐ Has difficulty remembering long instructions given in several steps, for example directions or school/work assignments – may forget part or all of the instruction.
- ☐ Struggles to understand the context in a story or a conversation.
- ☐ Has difficulty when planning and organising something that needs to be done in separate steps.
- ☐ Makes place-keeping errors – has difficulty keeping track of what they have done and what still has to be completed.
- ☐ Has difficulty staying focused during cognitively demanding tasks but attends well when cognitive demands are minimal.
- ☐ Has difficulty integrating new information with prior knowledge.
- ☐ When called on, forgets what he/she was planning to say.
- ☐ Has trouble waiting for his/her turn, for example in a conversation or when waiting in line to get help.
- ☐ Has difficulty taking notes and listening at the same time.

Learn more at **Cogmed.com.au**



Working Memory Training