

STRATEGIES FOR COGNITIVE CHANGE

STRATEGIES

Various strategies can help compensate for changes in cognitive functioning due to neurological changes. These techniques aim to reduce cognitive load and enhance daily functioning.

1

USE MEMORY AIDS

Use memory aids such as calendars, to-do lists, sticky notes, and your phone to keep track of appointments, tasks, and important information.

2

ESTABLISH A ROUTINE & STRUCTURE

Establish and stick to a daily routine. Consistency and structure can help reduce cognitive demands by making tasks more predictable.

3

BREAK TASKS INTO SMALLER STEPS

When facing complex tasks, break them into smaller, manageable steps. This makes focusing on one task at a time easier.

4

PRIORITIZE TASKS

Identify and prioritize tasks based on importance. This helps you allocate your cognitive resources effectively and complete essential tasks first.

5

REDUCE DISTRACTIONS

Minimize distractions in your environment when you need to focus. A lot of the time, memory problems are actually caused by a lack of attention!

REHABILITATION

Compensation is *not* the only option! It is possible to *improve* your cognition with the help of skilled professionals. The speech-language pathologists at Neuro Speech Solutions specialize in cognitive rehab and can work with you to improve your memory and thinking abilities.

CALL TODAY TO LEARN MORE & SET UP AN APPOINTMENT!



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