

Cognitive Rehabilitation

Cognition is the act of knowing and thinking. It includes the ability to understand, remember and process information.

Changes in cognition can be due to progressive decline and ageing, brain injury, stroke, and other conditions that affect the brain function.

Cognitive impairment can prevent individuals from performing everyday activities, from self-care activities such as showering to more complex tasks at work. One may experience difficulties in areas such as paying attention, memory, problem solving, and processing information for complex activities. This can impact the individual's independence and quality of life.

The cognitive difficulties experienced by each individual, as well as the outcome of cognitive rehabilitation, may be different depending on the severity and nature of the impairment. Sometimes, a caregiver may be required to provide assistance or supervision in certain tasks.

How is it treated?

Treatment normally involves a team of healthcare professionals including doctors, occupational therapists, speech therapists and neuropsychologists. A multi-disciplinary approach is used to decide the most appropriate treatment and goals for each individual.

What does rehabilitation involve?

Cognitive rehabilitation aims to optimise the individual's ability to manage the cognitive demands of everyday tasks, thus allowing continued participation in daily activities and roles.

The main treatment approaches involve improving impaired cognitive skills and functions, teaching compensatory strategies and educating caregivers/family members.

A treatment programme typically begins with an assessment to identify the individual's cognitive problems, and how they hinder the individual's participation in daily activities. The assessment will determine the treatment needs and intervention required. Goals of treatment will be decided together with the patient and their family.

A home program may also be prescribed to individuals, families or caregivers to allow further practice and integration of strategies into everyday use. This can be done in either inpatient or outpatient settings.

Useful websites

[The Society for Cognitive Rehabilitation: "What is Cognitive Rehabilitation Therapy?"](#)

[Brainline: "Cognitive Rehabilitation Therapy for Brain Injury"](#)