

Cognition

How the brain processes, stores, and uses information everyday

Who can it affect?

- Stroke
- Concussion
- Brain tumors
- Neurodegenerative conditions (e.g., Parkinson's, Dementia)
- Traumatic brain injury (TBI)
- Seizure disorders
- Chemotherapy patients
- Mental health conditions (depression, anxiety)
- Sleep deprivation or chronic stress
- Medication side effects
- Oxygen deprivation or medical complications
- ADHD
- Aging
- Long COVID

Cognitive Skills Influence

- Work performance
- Academic success
- Independence
- Safety
- Relationships & Social interactions
- Emotional well-being

Because cognition supports communication, changes in thinking can quietly affect relationships, confidence, and quality of life.

Functional, meaningful therapy can restore connection and make a meaningful difference.



Cognitive Skills



You might notice

- Trouble staying focused/Losing track mid-task
- Slow processing speed/long response times
- Losing items/missing appointments/deadlines
- Repeating questions
- Difficulty multitasking or following multistep directions
- Increased mental fatigue
- Difficulty remembering conversations
- Becoming overwhelmed by complex tasks
- Poor judgement in social scenarios

Examples

Word finding + processing speed difficulty

"I was going to the... the... that place... you know..."

Memory + Attention difficulty

Given 3-step directions, completes only the first step.

Cognitive Flexibility + Reasoning difficulty

Becomes overwhelmed and upset when schedule changes unexpectedly.

