

Cognitive Rehabilitation Group

What is a cognitive rehabilitation group?

Cognition refers to our thinking processes and encompasses learning, attention, memory, language, reasoning and decision making. Certain conditions and injuries can affect our cognition such as acquired brain injuries, a tumour or other neurological conditions.

The purpose of this group is to provide information related to cognition and strategies to help manage some of these issues. Understanding more about cognitive changes and difficulties can be helpful in managing them.

Why should I attend this group?

This group is designed to provide strategies for coping with cognitive issues. Examples of issues you may be experiencing are:

- Memory: forgetting dates, phone numbers or names
- Concentrating on tasks or on your work
- Thought processes that you normally find easy such as making lists, doing puzzles, arithmetic
- Multi-tasking
- Following the thread of a conversation
- Making plans
- Learning new information

How am I referred to the group?

If you have noticed cognitive changes as a result of your neurological injury or condition and feel you would benefit from attending this group, you can self refer by contacting us on the details below or liaise with your clinician.

What is the structure of the group?

- The group will be run on a weekly basis over 5 weeks.
- We encourage you to attend each session.
- Each session will run for approximately 2 hours (with a break).
- There will be approximately 10 people in the group and the group will remain the same for the 5 sessions.

Where is the group?

The group will be held in the rehabilitation room at the DCN therapies space at the Royal Hospital for Children and Young People. Please wait in the DCN Therapies reception area. There is a map in this leaflet to help you find your way.

ADDRESS:

DCN Therapies,
2nd Floor,
Royal Hospital for Children & Young People
Edinburgh Bio Quarter,
Edinburgh,
EH16 4TJ



How to contact us

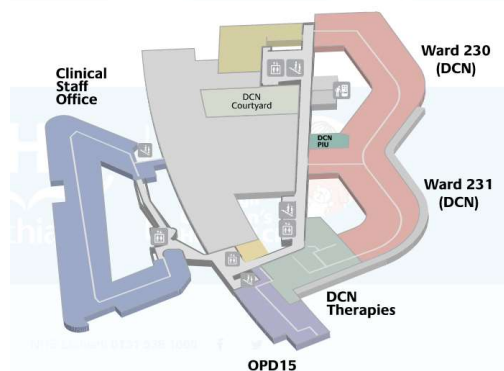
If you have any questions about the cognitive rehabilitation group, please contact us:

DCN Neuropsychology Dept
Tel: 0131 312 0649

Hospital site Map



RHCYP & DCN 2nd floor map

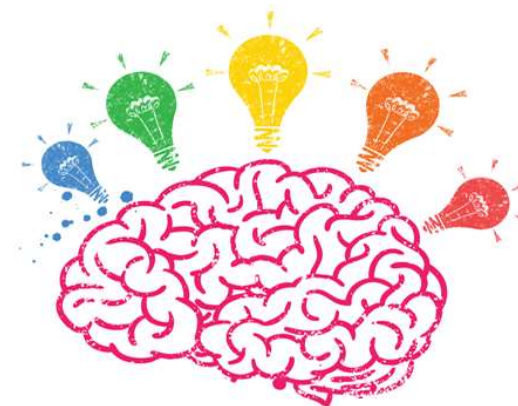


An interactive map and full details on parking and accessibility can be found at this website:

www.children.nhslothian.scot/interactive-map/



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A Group run by the Neuropsychology team at the Department of Clinical Neurosciences