

User Guide for the Cognitive Skills Interactive Brochure

Administration Procedure Quick Reference

- > Ensure Veteran is part of target audience
- > Administer pre-intervention symptom assessment
- > Deliver the interactive brochure
- > Establish follow-up date
- > Document intervention including the symptom assessment results
- > Complete the post-intervention symptom assessment 4 weeks later
- > Determine if further intervention is needed

General Description

- > Cognition includes knowledge, learning, and manipulating information
- > Self-reported cognitive changes may be associated with injuries, stress, use of certain substances (including medications), and sleep difficulties¹
- > The evidence based compensatory strategies described in this brochure can help with organization and follow through on planned activities²

Target Audience

- > This intervention is intended for clients who report difficulty with organization, attention, and memory that interferes with their daily activities
- > This intervention may be most effective if severe comorbid issues that are known to affect cognition, such as sleep and pain, are addressed first

Pre- and Post-Intervention Symptom Assessment and Administration

- > After the need for cognitive skills intervention has been established, administer the pre-intervention symptom assessment (portions of the Multifactorial Memory Questionnaire, MMQ³)
- > Administer the entire Team Up to Facilitate Functioning Cognitive Skills brochure with emphasis on the Team Up points
- > Contact clients after 4 weeks to administer the post-intervention symptom assessment (MMQ)

References

1. Gouvier et al. (1988). Base rate of post-concussional symptoms. *Arch Clin Neuropsychol*, 3, 273-278.
2. Cicerone et al. (2005). Evidence-based cognitive rehabilitation: updated review of the literature from 1998 through 2002. *Arch Phys Med Rehabil*, 86, 1681-1692.
3. Troyer et al. (2002). Psychometric properties of a new metamemory questionnaire for older adults. *J Gerontol*, 57B, 19-27.

Administering the Cognitive Skills Interactive Brochure: Expanding on the 'Team Up' Points

Team Up: Mark the difficulties you are experiencing and discuss how each can affect cognition.

Use this Team Up to impress upon the Veteran that there are many factors that can affect thinking skills.

Team Up: Which of these strategies are you already using?

This interaction is designed to normalize use of strategies and to provide positive

reinforcement for strategies the Veteran is already using.

Team Up: Identify two places you can go when you need to focus.

Work with the Veteran to identify functional work spaces with minimal distractions, considering options both at home and in the community.

Team Up: Check two things in the list below that you can start doing

today to increase your organization and time management.

Selecting simple, concrete steps to implement immediately will increase the Veteran's potential for achieving rapid, positive results. Review each of the strategies with the Veteran and select the two that are most relevant for him/her.