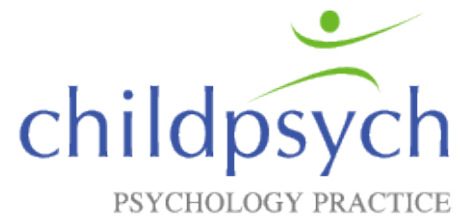




## Information Sheet



Cogmed Working Memory Training is an evidence-based program for helping children, adolescents, and adults sustainably **improve attention** by training their working memory.

Working memory is the ability to keep information in your mind, manipulate it, and use it within short periods of time. It is central to attention, concentration and problem solving. **Think of it as your attention stamina in the face of information overload.** Strong working memory skills play a key role in academic and workplace success.

The program is based on **strong scientific research** and is delivered over 5 weeks under the supervision of a qualified Cogmed Coach, in the convenience of home or a designated health care facility.

The complete program includes:

- Initial interview
- Start-up session
- Five weeks of training with weekly Coach calls
- Wrap-up meeting
- Six month follow-up interview
- Access to the Cogmed Training Web
- Optional Cogmed Extension Training (12 months)

### How long does it take?

The Cogmed program consists of 25 training sessions of 30-40 minutes each, done over 5 weeks. It is the intensity of this training schedule that is critical to the program's success. The user/family sets the training schedule with the Cogmed Coach, with plenty of flexibility.

### Cogmed Programs

The Cogmed software is built around three easy-to-use and age-specific software applications, each designed to motivate and reward the user for training. Two of these programs, relevant to childpsych clients are described below.

The Cogmed software automatically adjusts the exercises in real-time to a level that is challenging but not so difficult that it becomes intimidating. It adapts to whoever is using it.



### **Cogmed JM (Children - Preschool)**

Younger children use their working memory for focusing on and following instructions, and remaining seated to complete independent activities.



### **Cogmed RM (Children - School age)**

Working memory is crucial for children and adolescents in school and socially. Reading, solving math problems, planning, and following a conversation all rely on working memory.

## What are the effects of cogmed training?

Cogmed training improves attention, concentration, focus, impulse control, social skills, and complex reasoning skills by substantially and lastingly improving working memory capacity. The goal is improved performance and attentional stamina. The best way to learn about the effects is to talk to the Cogmed practice of your choice and to read the Cogmed User Stories.

## Do the results last?

Yes, research and our clinical experience show that the effects of Cogmed Training last after training. The reason is that once working memory capacity increases, you naturally continue to use it at its new level, which serves as constant maintenance training. Each Cogmed user also has access to optional Cogmed Extension Training at no extra cost.

## Does private health insurance or medicare cover cogmed training?

Cogmed training is not typically covered by insurance. Investigate the possibility of coverage with your insurance provider.

## How do I know this will help my child?

In our research and in the practical experience of the Cogmed practices, 80% of users see measurable improvements. That does not mean you can be sure to get results. No intervention works for everyone. 80% is a number we are proud of, but we cannot provide guarantees in any particular case.

## Where can I get more information?

[www.cogmed.com.au](http://www.cogmed.com.au)

## How do I start?

Contact our office on 07 3716 0445 to arrange an initial interview