



DRAFT

Cognitive Rehabilitation

What the Guidelines say

Consider offering **cognitive rehabilitation** to people living with mild to moderate dementia to optimise ability to engage in and carry out the activities that are meaningful and important.

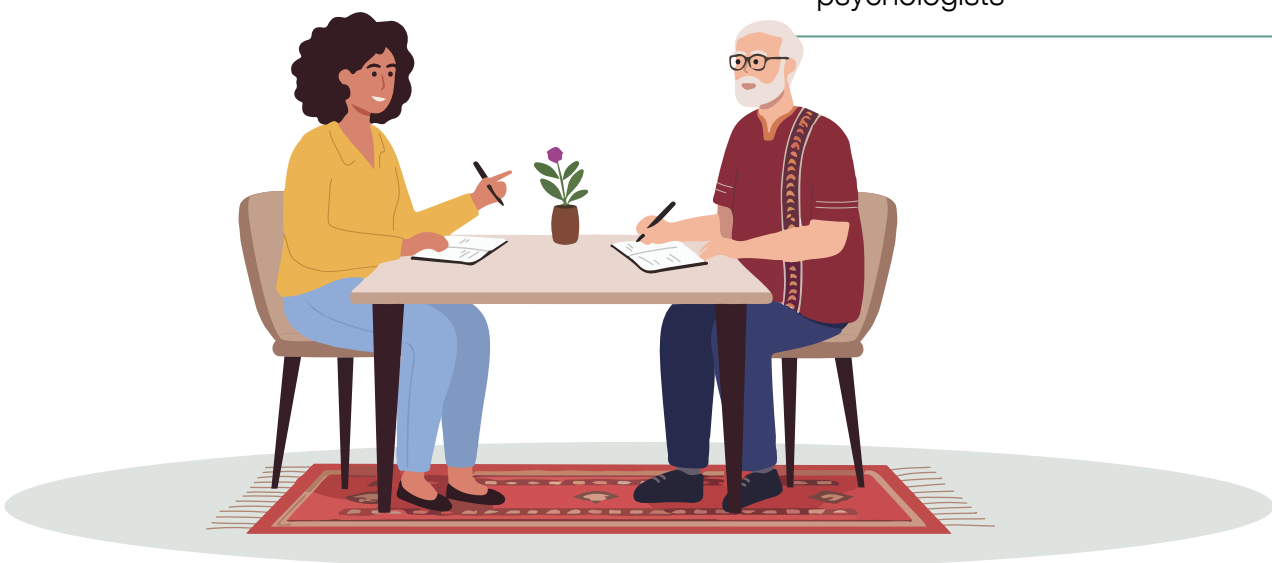


What does this recommendation mean?

- **Rehabilitation** helps people live as well as possible with illness or disability
- **Cognitive rehabilitation** can help people find ways to keep doing activities that are important to them
- **Cognitive rehabilitation** uses goal setting and problem solving

Cognitive rehabilitation:

- Can be offered soon after diagnosis, to help people make the most of their abilities
- Is adapted to a person's goals and needs
- Can include carers, when appropriate, to support use of strategies
- Is offered by trained health professionals such as occupational therapists and psychologists



Disclaimer:

This fact sheet includes general information. It does not replace professional medical advice. Talk to your doctor about your own health and what's right for you.