

CNS Memory Clinic

Are you or someone you know struggling with memory changes? The following scenario is a common discussion from the adult child of a parent with memory problems.

“My father frequently drives my mother crazy. It’s not done intentionally but he has a bad habit of pretending to be listening while his attention is really somewhere else. When my mother asks him a question 30 minutes later regarding their previous conversation, Dad often has very little recall of what she told him. Although this pattern was an endearing personality quirk when my dad was younger, it now makes Mom worry. Like most seniors they have begun to have concerns about memory loss and the threat of Alzheimer’s disease. I tell my mom that she should pay attention to how well Dad’s short-term memory works for the things that he is interested in. In dad’s case there does not appear to be any slippage in these areas.”



Thomas Wodushek, PhD, staff neuropsychologist

testing is a specially designed evaluation to objectively measure an individual’s memory function and make determinations as to whether a patient’s concerns represent normal aging effects or a more troublesome breakdown in brain function. The occupational therapist will help evaluate how these memory deficits have impacted daily tasks and safety. The results of these evaluations will help the CNS therapist and neuropsychologist design a treatment program to compensate for memory loss. The program may include weekly therapy sessions with an occupational therapist, a speech-language pathologist and/or a counselor. Through the CNS Memory Clinic clients will learn how memory operates and what extraneous factors (fatigue, pain, sleep,

depression) are likely to impede performance. Clients will be taught strategies to enhance their memory function and better utilize structure and routine to prevent memory failures. Occupational and speech-language pathologists teach organizational strategies, reminder strategies and association techniques to improve daily functioning. Often the therapists will address other pesky problems like word-finding deficits, trouble recalling names, and struggles managing medications or the checkbook. While these therapies can be very beneficial in improving everyday functioning they are incomplete without the important medical care and follow-up that your physician can provide.

Memory slips and failures can be frustrating and concerning. A thorough evaluation by medical professionals can help you better understand their cause and what to do about them. If you have questions or concerns about your memory performance or that of a friend or family member, we would be happy to help. Feel free to call at (970) 493-6667.

Unfortunately the assessment of age-related memory problems is rarely this straightforward. In most cases, your first step should be a visit to your physician or neurologist. These doctors can evaluate potential reversible causes of memory loss such as thyroid problems and vitamin deficiencies. Frequently they will order blood tests or brain imaging. They may also provide a referral to a neuropsychologist or memory clinic.

At the CNS Memory Clinic, your first step in a memory evaluation will be a clinical interview with one of the Center’s neuropsychologist. This interview is to better understand the character, onset and progression of your concerns. Often the neuropsychologist will request neuropsychological testing and an occupational therapy evaluation. Neuropsychological

CNS Physical Therapy Department Receives Breakthrough Technology for Dropfoot

The physical therapy department at CNS is excited to announce the introduction of the NESS L300 neurorehabilitation system for dropfoot. The L300 uses wireless technology to control lift of the foot during the swing phase of walking, thus preventing dropfoot. This device eliminates the need for cumbersome wires and for many clients can replace usage of an AFO.

Through partnership with Bioness Inc., CNS is among the first in the country to offer this breakthrough therapy, and the clinic will serve as a regional evaluation and treatment site for clients trialing the device. We have been using the L300 with many of the diagnoses treated in our physical therapy department, including stroke, incomplete spinal cord injury, TBI and MS. According to Beth Fondy, PT at CNS, there have



been great results. The L300 is truly revolutionary, and will have significant impact on client’s mobility and independence.

Bob Gustafson, 42, is one of the first clients to recently purchase an L300 unit for personal use. “Having used the Bioness L300 in a clinical situation for several months I have experienced considerable improvement in my foot drop situation to the extent I no longer require the use of an AFO to assist me in walking,” Bob said. Bob expects to see continued improvement.

“Personal use of the L300 will allow me to walk faster and further than I would normally be able to without worry of catching my toe and tripping or falling,” Bob said. “I have been very impressed with the device and expect to use it successfully for quite some time.”

If you have any questions, please do not hesitate to contact CNS. You can also visit the Bioness Inc. website at www.bioness.com.



**Call (970) 493-6667
or e-mail
info@brainrecov.com
for details
www.brainrecov.com**

Need Assistance Getting Back Behind the Wheel?

The Center for Neurorehabilitation Services can help get you back behind the wheel with the Adaptive Driving Program.

Return to driving following injury or problems resulting from disease or surgery often requires the specialized assistance from rehab professionals who are trained to evaluate and rehabilitate these special needs. CNS is here to help

