

## General Tips

Here are some general tips for making use of cognitive strategies:

- Take the time to think about and identify problem areas
- Try to make use of areas of strength as well – many of the checklists included can also point out things that are easier for a person. Try to build on these strengths when coming up with plans to tackle problem areas.
- Don't take on too many cognitive problems to work on at one time. Start by focusing on one or two areas that cause some difficulty in day to day life. Harder ones may be better tackled after some success
- Let the client know that it is OK to tell others about the cognitive difficulties he/she is struggling with. Unfortunately, individuals with cognitive problems can be mistakenly judged as being "lazy" or "unmotivated" when, in fact, it is their cognitive weaknesses that make it difficult them to perform tasks effectively. Other people are more likely to try to help if they understand what is going on.
- Remember that general health and emotional well being can also impact cognitive abilities. Most people think best (e.g., pay attention, remember things better) when they are rested and not emotionally stressed.