



Cognitive Training

Enhancing diversity
and functioning



Allied Health for Wellness

COGNITIVE VARIATIONS

Individuals may exhibit variations in cognitive functioning, which means that their cognitive processes may differ from the so-called “typical” or mainstream patterns. These variations can be related to memory, attention, language, executive functions, or other cognitive processes.

Variations may be present for a variety of reasons including, but not limited to:

- Side effects from medication or treatment
- Performance / executive functioning issues
- Neurodiversity e.g. ADHD, ASD
- Brain injury
- Mental health conditions
- Chronic illness or disease e.g. MS, pain, recovery from cancer
- Long COVID



WE CAN ASSIST WITH...

Challenges with Focus and Attention:

Some individuals may experience difficulties in sustaining attention or shifting focus, which can affect their ability to concentrate on tasks for extended periods.

Memory Differences:

Certain individuals might have challenges with memory, such as difficulties in recalling information or retaining details over time.

Language and Communication

Differences: Some individuals may exhibit variations in language processing or verbal communication, which can affect their ability to express themselves or comprehend language in conventional ways.

Executive Functioning Variability:

Executive functions, which involve skills like planning, organising, and problem-solving, can vary among individuals. Some may face challenges in executing complex tasks or managing time effectively.

Processing Speed Variations:


Individuals may have differences in the speed at which they process information, which can impact their response time and task completion.

Sensory Processing Differences:

Some people may experience variations in how they process sensory information, leading to heightened or reduced sensitivity to sensory stimuli.

Emotional Regulation Differences:

Certain individuals might find it challenging to regulate their emotions, leading to intense emotional responses or difficulty managing stress.



A member of our team of qualified Occupational Therapists will work with you to identify your specific needs and design a customised program. Providing resources, education and support to assist you implement strategies to compensate for memory, attention and other cognitive variations to improve daily living skills, performance and abilities.

Let Allied Health for Wellness help you discover a new level of mental resilience with cognitive training – unlock your full potential!



Allied Health for Wellness



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Practising the skills and techniques I learned as part of my cognitive training program, were invaluable.

This helped me during my work trial and employment journey having gone from only being able to work eight hours a week to now holding down full time employment.

- Nathan

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How do I find out more?

CONNECT WITH US



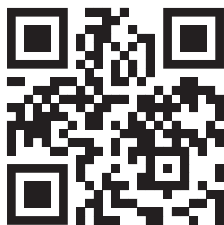
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