

Client Name: _____ Cogmed Coach: _____

User ID: _____

Cogmed Working Memory Training Initial Consultation (7-17)

General Information

Date:

Child's name:

Gender:

DOB:

Age:

Parent's name

Home phone #:

Work phone #:

Cell phone #:

Mailing address:

E-mail address:

May we contact you via e-mail?

May we leave a voice message on the home #?

How did you hear about Cogmed Working Memory Training?

What is working memory?

Working memory is a key cognitive function used in daily life that allows individuals to hold information in their mind for brief periods of time, typically a few seconds. Working memory can be described as active attention. As human beings, we are constantly interacting with other people and performing tasks. The quality of what we do is highly dependent on how well our working memory is functioning. Some examples of working memory demanding tasks are:

- Remembering instructions and remembering what the next step is while working with a sequence of activities.
- Learning new things.
- Reading, understanding what you are reading and selecting information.
- Organizing your life, remembering what to bring along, remembering where and when meetings occur.
- Listening to other people and responding appropriately.
- Time planning and having a sense of time.
- Holding back your impulses.

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How does Cogmed Working Memory Training work?

Cogmed is a software program that is done in your home. It uses different exercises over a period of five weeks to train working memory in 25 training sessions. Training is cumulative and follows the user in a way that makes things simpler when an exercise gets too difficult. When your child advances, the exercises automatically get more difficult. A lot of the training is about repeating different sequences over and over again. A good training environment and motivation are critical. The Cogmed Coach will be in contact with you and your child regularly to motivate and give your child feedback on how he/she is proceeding in the program.

Practical information

Do you have Internet access in your home? Yes No

Do you have a PC with Microsoft Windows XP, Vista or 7? Yes No

Does your computer have a well functioning mouse? Yes No

Can your child manage a mouse? Yes No

Does your child cope well when playing computer games? Yes No

Training is about 30-45 minutes per day, preferably 5 days a week for 5 weeks. Plan an hour to accommodate set up and breaks. Can your child set a side an hour per day, 5 days per week for 5 weeks?

Yes No

Children need someone to sit next to and support them during training. Who will be an appropriate training aide for your child?

Training environment needs to be a quiet, private room with a computer. Does your child have the possibility to create a good training environment? Yes No

Background Questions

I will now ask you some questions about how your child is coping at home and at school. The point is not to make a diagnosis but rather for us to consider together whether Cogmed Working Memory Training might benefit your child.

Can you start by describing your child (interests, strengths, characteristics)?

What is difficult for your child?

In which situations are things hard for your child?

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How long have things been like this?

What is your child's view of his/her difficulties?

Has your child gone through any previous assessment? Yes No

If so, by whom? Where?

What conclusions were drawn from the testing?

Was intelligence assessed? Yes No

If so, results?

Was working memory assessed? Yes No

If so, results?

Does your child have any diagnoses? Yes No

If so, which?

Is your child taking any type of medicine? Yes No

If so, which?

School information

What kind of school is your child attending?

How is your child's school performance?

What are his/her best subjects?

What subjects does he/she struggle most with?

Does your child receive any extra assistance in school?

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Does your child know the alphabet?

Can your child read and write?

Does your child understand numbers?

How does your child cope with mental arithmetic?

Can your child tell time?

How is your child coping socially?

Questions about Attention

Please answer yes to the following questions if you think your child finds things much harder in these areas than his/her peers.

Does your child find it hard to stay concentrated on various tasks such as chores, schoolwork, homework, and/or other things? Yes No

Does your child miss things or is careless when doing schoolwork or helping out at home?
Yes No

Does your child find it hard to listen to others? Yes No

Does your child find it hard to follow instructions? Yes No

Does your child have difficulty with chores/tasks that have more than one step? Yes No

Is your child easily distracted by things going on around him/her? Yes No

Does your child have trouble getting started on activities that he/she has to do? Yes No

Is it difficult for your child to complete tasks that he/she is doing? Yes No

Does your child find it hard to organize him/herself? Yes No

Does your child often forget what he/she is doing? Yes No

Does your child often lose things and leave things in places he/she doesn't remember? Yes No

Does your child have trouble remembering what he/she has read? Yes No

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Questions about Hypoactivity

Does your child do things slowly? Yes No

Does your child daydream more than you believe is appropriate? Yes No

Does your child get stuck when doing different activities? Yes No

Questions about Hyperactivity and Impulsiveness

Does your child often find it hard to stay seated in school? Yes No

Does your child run around a lot at home and is he/she often overexcited? Yes No

Does your child find it hard to play quietly or do things quietly on his/her own? Yes No

Does your child often start on one thing and then switch to another activity before finishing the first one? Yes No

Does your child talk excessively, making it hard for others to get a word in edgewise? Yes No

Does your child often interrupt others? Yes No

Does your child find it hard to wait his/her turn in games or when playing, etc.? Yes No

Does your child often lose his/her temper? Yes No

If so, in what situations?

How does your child cope with a setback or failure? Yes No

Questions about other problem areas

The following questions are about possible problem areas that can affect concentration and/or make the training difficult.

Has your child ever had a seizure? Yes No

If so, has there ever been a problem while watching TV or playing computer games?

Yes No

Has your child ever experienced tics? Yes No

Has your child had periods of depression? Yes No

If so, when?

For how long?

To what extent?

What is it like now?

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Has your child had periods of strong fears or anxiety? Yes No

If so, when?

For how long?

To what extent?

What is it like now?

Does your child have problems with his/her sleep, appetite, headaches, other pains or stress?

Yes No

How does your child respond to authority and limit setting?

Is your child defiant? Yes No

If yes, how does he/she express that?

Has your child had a vision or hearing check up? Yes No

Is there anything else that you see as a problem for your child?

Planning Training

What date would you like to start the training?

Is there a holiday or any other natural break coming up during the five week training period?

What will be a good time for training?

Where will the training take place?

Do you have enough time scheduled (1 hour) per day?

How is the relationship between your child and the training aide?

Will there be any big changes for your child during the training period?

Are you willing to not change course of treatment during the working memory training period?

Who else resides in the home?

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What extracurricular activities does your child have?

What work schedule and outside commitments does the training aide have?

Expectations about Training and Motivation

What are your expectations about working memory training?

Is your child motivated?

How can you/the training aide motivate your child if a setback occurs?

Additional comments?