### Thinking Problem / Cognitive Loss

#### Examples of ways the loss shows itself in behaviour

#### Strategies to Compensate

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| Trouble with memory (Amnesia)    | - Repeating  
- Misplacing things  
- Not being oriented to time  
- "Living in the past"  
- Forgetting names, recent events  | - Provide cues and gentle reminders  
- Treat all repetitions as if it were the first time  
- Reminisce about the distant past |
| Trouble Using and Understanding Language (Aphasia) | - Word finding difficulty  
- Not using the right words  
- Repetitive sounds/words  
- Going back to first language  
- Needing more time to process and/or not responding appropriately | - Speak slowly and clearly  
- Use visual gestures/cues  
- Patience! Provide more time for individual to respond  
- Be mindful of body language and facial expressions  
- Use key words from 1st language |
| Trouble Recognizing – People, Objects, Places (Agnosia) | - Misidentifying family members  
- Not recognizing staff  
- Misusing objects  
- Eating unusual things and mixing food  | - Introduce yourself  
- Identify objects  
- Prevent unfortunate mixtures by keeping items apart |
| Trouble with Purposeful Movement (Apraxia) | - Not able to do ADL’s (e.g. Dressing, grooming and eating)  
- Not getting the steps of a task right  | - Short, simple instructions  
- Demonstrate the action |
| Lack of Awareness that someone has thinking problems (Anosognosia) | - Refusing assistance or aids  
- Insisting one “has already done it”  
- Lack of insight of risk  
- NOT DENIAL!  | - Step into the individual’s reality and recognize strengths  
- Normalize assistance (e.g. “I do this for everybody”)  
- Avoid arguing  
- Offer help as if it were temporary (e.g. “Just this once”) |
| Trouble Perceiving the World Accurately (Altered Perception) | - Delusions  
- Illusions  
- Hallucinations  
- Poor depth perception  
- Suspicious/Paranoid  | - Avoid arguing  
- Avoid imposing reality  
- Step into the person’s world; focus on their feelings  
- Alter environment to minimize misinterpretation |
| Lack of motivation / initiation (Apathy) | - Appearing not to care/withdrawn  
- Failure to initiate activities (e.g. Conversation, eating)  
- Sitting in the same place for long periods of time  | - Help person initiate/get something started  
- Connect with individual on a regular basis  
- Gently persuade person to join activities he/she formerly enjoyed |