

ASSESSMENT FORMS FOR COGNITIVE REHABILITATION

Use the items on the following pages to help you determine the presence of cognitive problems. Ask the brain-injured person how much of a problem each item is for them. Also answer this yourself, so you will end up with two opinions.

Each answer should be graded using the following rating scale. The higher the score the more severe the problem.

- 5 - I find this is a very severe problem*
- 4 - I find this is a severe problem*
- 3 - I find this is a moderate problem*
- 2 - I find this is a mild problem*
- 1 - I find this is not a problem*

Rating scale for Attention problems

Is this a problem? (rating)	Is this different than pre injury (yes/no)	
<input type="checkbox"/>	<input type="checkbox"/>	Being easily distracted
<input type="checkbox"/>	<input type="checkbox"/>	Concentrating for long periods of time
<input type="checkbox"/>	<input type="checkbox"/>	Confusion when there is a lot going on
<input type="checkbox"/>	<input type="checkbox"/>	Dealing with more than one thing at a time
<input type="checkbox"/>	<input type="checkbox"/>	Making mistakes because of thinking of something else
<input type="checkbox"/>	<input type="checkbox"/>	Finding attention wanders more easily
<input type="checkbox"/>	<input type="checkbox"/>	Getting mentally tired more easily
<input type="checkbox"/>	<input type="checkbox"/>	Slowness in responding
<input type="checkbox"/>	<input type="checkbox"/>	Needing prompting to get on with things
<input type="checkbox"/>	<input type="checkbox"/>	Spending time daydreaming
<input type="checkbox"/>	<input type="checkbox"/>	Missing important details in tasks
<input type="checkbox"/>	<input type="checkbox"/>	Feeling restless
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty sticking to a task. Jumping from one task to another without completing any
<input type="checkbox"/>	<input type="checkbox"/>	Feeling 'spaced out' or blank
<input type="checkbox"/>	<input type="checkbox"/>	Losing track in the middle of a conversation

Rating scale for Visual Processing problems

Is this a problem? (rating)	Is this different than pre injury (yes/no)	
<input type="checkbox"/>	<input type="checkbox"/>	Blurred vision
<input type="checkbox"/>	<input type="checkbox"/>	Double vision
<input type="checkbox"/>	<input type="checkbox"/>	Reading a newspaper
<input type="checkbox"/>	<input type="checkbox"/>	Headaches
<input type="checkbox"/>	<input type="checkbox"/>	Losing things
<input type="checkbox"/>	<input type="checkbox"/>	Locating items unless helped to do so
<input type="checkbox"/>	<input type="checkbox"/>	Following information in books
<input type="checkbox"/>	<input type="checkbox"/>	Understanding written information
<input type="checkbox"/>	<input type="checkbox"/>	Banging into things in the house
<input type="checkbox"/>	<input type="checkbox"/>	Knocking things over

Rating scale for memory problems

Is this a problem? (rating)	Is this different than pre injury (yes/no)	
<input type="checkbox"/>	<input type="checkbox"/>	Remembering people's names.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering where you have put things in the house.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering where things are usually kept.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering what you've just said when talking to someone.
<input type="checkbox"/>	<input type="checkbox"/>	Saying information without constantly repeating it.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering when it was that something happened.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering to do things that you said you would do.
<input type="checkbox"/>	<input type="checkbox"/>	When reading a newspaper or book remembering what you have just read.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering to tell someone something important.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering familiar journeys or routes.
<input type="checkbox"/>	<input type="checkbox"/>	Remembering that you have already done something.
<input type="checkbox"/>	<input type="checkbox"/>	Having difficulty learning a new skill.

Rating scale for information processing problems

Is this a
problem?
(rating)

Is this different
than pre injury
(yes/no)

Having to do things slowly in order to understand them

Being able to 'think on your feet'

Getting tired easily

Dealing with young children

Dealing with crowds and noisy shopping areas

Understanding written instructions

Understanding new information

Following fast moving conversations

Understanding what other people say, particularly when in a group

Following a lot of verbal information

Dealing with more than one thing at a time

Confusion when there is a lot going on

Difficulty completing tasks quickly

Greater difficulty doing things when there is a lot going on

Going off on tangents in conversations

Answering questions quickly

Being quick-witted

Adding up lists of numbers quickly in head

Rating scale for executive functions problems

Is this a
problem?
(rating)

Is this different
than pre injury
(yes/no)

Identifying personal strengths and weaknesses accurately.

Seeing things from a another person's point of view

Setting realistic goals or plans

Understanding anything subtle or abstract

Managing personal time effectively

Initiating activities independently

Generating ideas and solutions to problems

Exercising good judgement

Monitoring personal behaviour and adjusting it accordingly

Correcting personal mistakes

Ability to cope if something happens that is outside the normal routine

Learning from mistakes - "profiting from experience"

Anticipating and solving unexpected problems

Adjusting to unexpected changes

Planning the day

Planning and organising things

Ability to finish things

THE COGNITIVE FAILURES QUESTIONNAIRE

The following questions are about minor mistakes which everyone makes from time to time, but some of which happen more often than others. We want to know how often these things have happened to you in the last few weeks. Please tick the appropriate box:

	Very Often	Quite Often	Occasionally	Very Rarely	Never
1. Do you read something and find you haven't been thinking about it and must read it again?					
2. Do you find you forget why you went from one part of the house to the other?					
3. Do you fail to notice signposts on the road?					
4. Do you find you confuse right and left when giving directions?					
5. Do you bump into people?					
6. Do you find you forget whether you've turned off a light or a fire or locked the door?					
7. Do you fail to listen to people's names when you are meeting them?					
8. Do you say something and realise afterwards that it might be taken as insulting?					
9. Do you fail to hear people speaking to you when you are doing something else?					
10. Do you lose your temper and regret it?					
11. Do you leave important letters unanswered for days?					
12. Do you find you forget which way to turn on a road you know well but rarely use?					
13. Do you fail to see what you want in a supermarket (although it's there)?					
14. Do you find yourself suddenly wondering whether you've used a word correctly?					
15. Do you have trouble making up your mind?					
16. Do you find you forget appointments?					
17. Do you forget where you put something like a newspaper or a book?					
18. Do you find you accidentally throw away the thing you want and keep what you meant to throw away - as in the example of throwing away the matchbox and putting the used match in your pocket?					
19. Do you daydream when you ought to be listening to something?					
20. Do you find you forget people's names?					
21. Do you start doing one thing at home and get distracted into doing something else (unintentionally)?					
22. Do you find you can't quite remember something although it's on the tip of your tongue?					
23. Do you find you forget what you came to the shops to buy?					
24. Do you drop things?					
25. Do you find you can't think of anything to say?					

APT –II

ATTENTION QUESTIONNAIRE

Client Name _____ Date _____

I. **RATING SCALE***: Please answer the following questions about your attention as it applies to daily functioning by ticking the box which offers the best description.

DESCRIPTION	Not a problem or no change from before	Only gets in the way on occasion (less than once a week)	Sometimes gets in the way (about 1-3 times per week)	Frequently gets in the way (is a problem most days)	Is a problem all the time (affects most activities)
1. Seem to lack mental energy to do activities					
2. Am slow to respond when asked a question or when participating in conversations					
3. Can't keep mind on activity or thought because mind keeps wandering					
4. Can't keep mind on activity or thought because mind feels "spacey" or "blank"					
5. Can only concentrate for very short periods of time					
6. Miss details or make mistakes because level of concentration decreased					
7. Easily get off track if other people milling about nearby					
8. Easily distracted by surrounding noise					
9. Trouble paying attention to conversation, if more than one other person					
10. Easily lose place if task or thinking interrupted					
11. Easily overwhelmed if task has several components					
12. Difficult to pay attention to more than one thing at a time					
13.					
14.					

Please turn over

Scoring:

a. Total number of items ticked in second column multiplied by (1)_____

b. Total number of items ticked in third column multiplied by (2)_____

c. Total number of items ticked in fourth column multiplied by (3)_____

d. Total number of items ticked in fifth column multiplied by (4)_____

Total Score: add a. through to d. _____

II. INDIVIDUALIZED ATTENTIONAL PROBLEM LIST: In the space provided below, describe the 5 most frequent and frustrating breakdowns in your attention ability. The first line has been filled out with an example description.

Describe Attention Breakdown (including setting and approximate frequency)	What do you do when it occurs?
Example: I cannot concentrate when I am preparing dinner because the noise from children playing around my feet and even in the next room distracts me. I forget ingredients or parts of the meal and usually feel totally frustrated during this time. This happens every dinner.	I often yell or blow up at the children or cry while I am cooking. Sometimes I just give up and make something simple like sandwiches.
1.	
2.	
3.	
4.	
5.	

* Scale adapted from Ponsford, J. & Kinsella, G. (1991) Rating Scale of Attentional Behaviour Neuropsychological Rehabilitation, 1 (4) 241-257

EVERYDAY MEMORY QUESTIONNAIRE

Instructions. The 28 statements set out below are about forgetting things, something everyone does to an extent. Please indicate how frequently the examples given have happened to you, (or to the patient) over the last 3 months, using the following scale:

<i>0 = Not at all</i>	<i>5 = About once a week</i>
<i>1 = About once</i>	<i>6 = More than once a week, but less than once a day</i>
<i>2 = More than once, but less than once a month</i>	<i>7 = About once a day</i>
<i>3 = About once a month</i>	<i>8 = More than once a day</i>
<i>4 = More than once a month, but less than once a week</i>	

- 1___ Forgetting where you have put something. Losing things around the house.
- 2___ Failing to recognize places that you are told you have been to before.
- 3___ Finding a television story difficult to follow.
- 4___ Not remembering changes in you daily routine, such as a change in the place where something is kept or a change in the time something happens. Following your old routine by mistake.
- 5___ Having to go back to check whether you have done something you meant to do.
- 6___ Forgetting when it was that something happened; for example, whether it was yesterday or last week.
- 7___ Completely forgetting to take things with you, or leaving things behind and having to go back and fetch them.
- 8___ Forgetting you were told something yesterday or a few days ago, and maybe having to be reminded about it.
- 9___ Starting to read something (a book or an article in a newspaper or magazine) without realizing you have already read it before.
- 10___ Letting yourself ramble on, to speak about unimportant or irrelevant things.
- 11___ Failing to recognize, by sight, close friends or relatives whom you meet frequently.
- 12___ Having difficulty in picking up a new skill; for example, finding it hard to learn a new game, or to work some new gadget after you have practised it once or twice.
- 13___ Finding that a word is 'on the tip of your tongue'. You know what it is but cannot quite find it.
- 14___ Completely forgetting to do things you said you would do and you planned to do.
- 15___ Forgetting important details of what you did or what happened to you the day before.
- 16___ When talking to someone, forgetting what you have just said. Maybe saying, "What was I just talking about?"
- 17___ When reading a newspaper or magazine being unable to follow the thread of a story; losing track of what it is about.
- 18___ Forgetting to tell someone something important. Perhaps forgetting to pass on a message or remind someone of something.

Please turn over

- 19___ Forgetting important details about yourself; for example, your birthdate, or where you live.
- 20___ Getting the details of what someone has told you mixed up and confused.
- 21___ Telling someone a story or joke that you have told them once already.
- 22___ Forgetting details of things you do regularly, whether at home or at work. For example, forgetting details of what to do, or forgetting at what time to do it.
- 23___ Finding that the faces of famous people seen on television or in photographs look unfamiliar.
- 24___ Forgetting where things are normally kept or looking for them in the wrong place.
- 25___ Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have often been before.
- 26___ Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have only been once or twice before.
- 27___ Doing some routine things twice by mistake. For example, putting 2 lots of tea in the teapot or going to brush/comb your hair when you have just done so.
- 28___ Repeating to someone what you have just told them or asking the same question twice.