

SPEECH-LANGUAGE PATHOLOGY

Speech Therapy at Brain Intercept looks at memory and attention in a different way to better meet the needs of our clients. For 20 years, our Speech Therapist has specialized in working with people and their brain health. She has found that individuals often develop bad habits that could lead them from mild cognitive impairment to dementia. Identifying and addressing these habits can be important in maximizing cognitive function.

Truth: People often shut down when talking about their brain and changes they may be experiencing.

Truth: Life stressors or hormone changes can be factors leading to brain fog which may then trigger fear about developing dementia and then make overall brain function worse.

Early Intervention is the key! Through evidence-based strategies and lifestyle changes, speech therapy and the team at Brain Intercept can work with you to create a positive shift toward keeping your brain healthy so your cognitive lifespan can match your overall lifespan.

ATTENTION

Being able to attend to a conversation or task and not losing focus or being unable to recall details later.

MEMORY

The ability to store information to bring up later, such as remembering your friend's cell phone number.

WORD FINDING

Being able to describe objects and come up with the right word in conversation.

LANGUAGE

Connecting words to relay your thoughts and express yourself.

COGNITIVE STIMULATION

Growing your brain through learning new information.

PLANNING

The ability to think of a future event and then make the steps to make it happen.

IMPULSE CONTROL

Thinking before you move or speak! For example, not scrolling through contacts aimlessly before you remember which one you are looking for.

PROBLEM SOLVING

Thinking about big thoughts such as planning your will or planning for end of life health care decisions.

SEQUENCING

Learning that events are required to happen in certain order, such as preheating the oven before putting in the pizza.



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