

NEUROCOGNITIVE REHABILITATION THERAPY

There is a way to exercise your brain to improve its performance! Just like physical therapy helps to exercise and strengthen your body, our therapist work to exercise and strengthen your brain.

What is neurocognitive rehabilitation?

Simply put, this is a specific type of therapy that works on improving cognition (brain function) through a variety of methods to build brain reserve, rebuild functions that may have been damaged, or stimulate cell firing to stabilize function.

Early intervention is key! Through evidenced-based strategies and lifestyle changes, our therapist can work with you to create a positive shift toward keeping your brain healthy so your brain (and body) can function at its best.

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.



BRAIN
INTERCEPT

 (605) 725-8885

 223 8th Ave NW, Ste 2
Aberdeen, SD 57401

BrainIntercept.com