

COGNITIVE REHABILITATION STUDY FOR CANADIAN ARMED FORCES (CAF) AND ROYAL CANADIAN MOUNTED POLICE (RCMP) VETERANS

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Do you...

- ✓ Often read a paragraph and then realize you don't remember what you read?
- ✓ Regularly have trouble remembering appointments or dates of important events? Or need other people to help you remember things?
- ✓ Find it challenging to learn new work tasks?
- ✓ Find it a challenge to change your routine?
- ✓ Manage these challenges but would like to do better?

If you answered yes to any of these questions, have you also experienced blows or jolts to your head that affected your vision, hearing, or thinking?

"Blows or jolts" can be g-force from actions like large calibre weapon firing, parachute jumping, pugilism, or blast exposure.

If yes, we invite you to participate in a study of cognitive rehabilitation for CAF and RCMP Veterans. This is a 4-week virtual (online) study for Veterans with a history of concussion or mild traumatic brain injury (TBI). Our aim is to learn the best way to help Canadian Veterans with cognitive symptoms achieve excellence in everyday thinking.

Eligibility

- 18 years or older
- Have a history of a mTBI and/or concussion
- Self-identify as a native English speaker
- No previous diagnosis of a neurological disorder that affects thinking (e.g. dementia)
- Currently not consulting an active behavioural treatment for substance-use or mental health disorder, or other cognitive rehabilitation program provided by a health professional.

For more information, please email us at: talklab@mcmaster.ca

Supported by:



Purpose

To examine if Zoom delivered individual therapy, developed to help aid daily challenges due to a mild traumatic brain injury is more feasible, than typical education material provided to those who have been diagnosed with a mTBI or concussion.

You need

A computer or phone that has Zoom video conferencing, and internet access.

Time commitment

Three 1-hr sessions per week for 4 weeks.