



Please complete this form as completely as possible.

Provide details to help us understand your child specifically so that we may determine if Cogmed Working Memory Training may benefit him/her.

Please type in the boxes provided.

For yes/no questions, check the appropriate box with your cursor.

It is recommended you **'Save as' this document to your desktop** so you are able to periodically save your answers.

General information

Date:

Client name:

Client gender:

Client age:

Client date of birth:

Client School:

Client Grade Level:

Parent name:

Home phone number:

Mobile phone number:

Work phone number:

Mailing address:

E-mail address:

May we contact you via e-mail? YES NO

How did you hear about Cogmed Working Memory Training?

What is working memory?

Working memory is a key cognitive function used in daily life that allows individuals to hold information in their mind for brief periods of time, typically a few seconds. Working memory can be described as active attention. As human beings, we are constantly interacting with other people and performing tasks. The quality of what we do is highly dependent on how well our working memory is functioning. Some examples of working memory demanding tasks are:

- Remembering instructions and remembering what the next step is while working with a sequence of activities.
- Learning new things.
- Reading, understanding what you are reading and selecting information.
- Organizing your life, remembering what to bring along, remembering where and when meetings occur.
- Listening to other people and responding appropriately.
- Time planning and having a sense of time.
- Holding back your impulses.

Can we improve Working Memory?

Yes, neuroplasticity makes Working Memory training possible. Research has shown that the brain can physically change in response to focused, repeated, intensive activity – training.

Improved working memory generalizes to other cognitive abilities and behaviour.

How does Cogmed Working Memory Training work?

Cogmed RM is an online program that is done in your home. It uses different exercises over a period of five weeks to train working memory in 25 training sessions. Training is cumulative and follows the child in a way that makes things simpler when an exercise gets too difficult. When the child advances, the exercises automatically get more difficult. A lot of the training is about repeating different sequences over and over again. This inevitably gets boring, and it is therefore necessary to motivate the child before and during training. A good training environment and motivation with rewards are critical. The Cogmed Coach will help you to set up a reward system and will be in contact with you regularly to motivate and give you feedback on how your child is proceeding in the program. The parent or guardian acts as the Training Aide to ensure the child adheres to the training schedule and remains on-task.

Please note: All data is de-identified and no personal details are kept online.

Practical information

- | | | |
|--|------------------------------|-----------------------------|
| Do you have Internet access in your home? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have a PC or Mac with Microsoft Windows XP, Vista or 7? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Does your computer have a well-functioning mouse? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Can your child manage a mouse? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| How does your child cope when playing computer or videogames? | | |

Training is about 30-45 minutes per day, preferably 5 days a week for 5 weeks. Plan an hour to accommodate set up and breaks. Can you set aside an hour per day, 5 days per week for 5 weeks?
 YES NO

Children need someone to sit next to and support them during training. Who will be an appropriate training aide for your child?

Training environment needs to be a quiet, private room with a computer. Do you have the possibility to create a good training environment? YES NO

Background questions

The following questions concern how your child is coping at home and at school. The point is not to make a diagnosis but rather for us to consider together whether Cogmed Working Memory Training might benefit your child.

Can you start by describing your child (interests, strengths, characteristics)?

What is difficult for your child?

In which situations does your child experience difficulty?

How long have things been like this?

What is your child's view of his/her difficulties?

Has there been any previous assessment of your child? YES NO
If so, by whom?

What tests/assessments were completed?

What conclusions were drawn from the testing?

Was intelligence assessed? YES NO
If so, results?

N.B. Cogmed Working Memory Training is not properly evaluated for children with an IQ below 70.

Was working memory assessed? YES NO

If so, results?

Does your child have any diagnoses? YES NO

If so, which?

Is your child taking any type of medicine? YES NO

If so, which?

School information

What kind of school is your child attending?

- Public School
- Private School
- Special Needs School

How is your child's school performance?

What are his/her best subjects?

What subjects does he/she struggle most with?

Does your child receive any extra assistance in school? YES NO

If so, type?

Does your child know the alphabet? YES NO

Can your child read and write?

Reading YES NO

Writing YES NO

Does your child understand numbers? YES NO

How does your child cope with mental arithmetic?

Can your child tell time? YES NO

How is your child coping socially?

Questions about attention

Click the figure that best describes the child's behaviour over the past week.

	Does not apply at all	Applies to a slight extent	Applies fairly closely	Very much applies
Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities.	0	1	2	3
Often has trouble keeping attention on tasks or play activities.	0	1	2	3
Often does not seem to listen when spoken to directly.	0	1	2	3
Often does not follow instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions).	0	1	2	3
Often has trouble organizing activities.	0	1	2	3
Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time (such as schoolwork or homework).	0	1	2	3
Often loses things needed for tasks and activities (e.g., toys, school assignments, pencils, books, or tools).	0	1	2	3
Is often easily distracted.	0	1	2	3
Is often forgetful in daily activities.	0	1	2	3

Questions about hypoactivity

Does your child do things slowly? YES NO

Does your child daydream more than you believe is appropriate? YES NO

Does your child get stuck doing different activities? YES NO

Questions about hyperactivity and impulsiveness

	Does not apply at all	Applies to a slight extent	Applies fairly closely	Very much applies
Hyperactivity				
Often fidgets with hands or feet or squirms in seat.	0	1	2	3
Often gets up from seat when remaining in seat is expected.	0	1	2	3
Often runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).	0	1	2	3
Often has trouble playing or enjoying leisure activities quietly.	0	1	2	3
Is often "on the go" or often acts as if "driven by a motor."	0	1	2	3
Talks excessively.	0	1	2	3
Impulsiveness				
Often blurts out answers before questions have been finished.	0	1	2	3
Often has trouble waiting one's turn.	0	1	2	3
Often interrupts or intrudes on others (e.g., butts into conversations or games).	0	1	2	3

Questions about other problem areas

The following questions are about possible problem areas that can affect concentration and/or make the training difficult. If you get a positive answer, follow up with questions to make sure that training is appropriate. Discuss complex cases with your clinic's Cogmed Quality Assurance person.

Has your child ever had a seizure? YES NO

If so, has there ever been a problem while the child watches TV or plays computer games?

Cogmed's guidelines are not to offer training for children with photosensitive epilepsy.

Has your child ever experienced tics? YES NO

If so, we need you to be aware in a few cases we have seen increased tics during the training period and that we would like you to observe this.

Has your child had periods of depression? YES NO

If so, when?

For how long?

To what extent?

What is it like now?

Has your child had periods of strong fears or anxiety? YES NO

If so, when?

For how long?

To what extent?

What is it like now?

Does your child have problems with his/her sleep, appetite, headaches, other pains or stress?

YES NO

How does your child respond to authority and limit setting?

If your child is defiant how does he/she express that?

Has your child had a vision or hearing check up? YES NO

Is there anything else that you see as a problem for your child?

Planning training

What date would you like to start the training?

Is there a holiday or any other natural break coming up during the five week training period?

YES NO

It is ok to schedule a break during the training period, but it should not be longer than 3 days.

What will be a good time of day for training?

Where will the training take place?

Do you have enough time scheduled (1 hour max) per day? YES NO

How is the relationship between your child and the training aide?

Will there be any big changes for your child during the training period? YES NO

Are you willing to not change course of treatment during the working memory training period?

YES NO

It is important not to change medication, residence, class at school, etc. during the training.

Who else resides in the home?

What extracurricular activities does your child have?

What work schedule and outside commitments does the training aide have?

Expectations on training and motivation

What do you expect from working memory training?

What goals do you have?

N.B. Cogmed results are presented on a group level. On an individual basis one can never guarantee results.

Is your child motivated? YES NO

How does your child cope when playing video games (i.e. with anger, anxiety, frustration, gives up)?

How can you/the training aide motivate your child if a setback occurs?

What kinds of rewards are you able to offer the child at the end of each week? *Please note, rewards do not have to be expensive or difficult to implement.*

Thank you! You have completed the Cogmed Working Memory Training Intake form. Please save a copy to your desktop and then attach it to an email to:

We will be in touch shortly to advise if your child will benefit from Cogmed Working Memory Training. Should you have any further enquiries please do not hesitate to contact us on: