

From:  
The Psychology Department  
Blackheath Brain Injury Rehabilitation Unit

To: Daniel McMorrow

22<sup>nd</sup> May 2012

Dear Daniel

**R.E: Results of your assessment from the Psychology Team**

During your stay here at Blackheath Brain Injury Rehabilitation Centre, you have completed a number of tests that are designed to assess certain areas of an individual's cognition (or thinking) - these can include things such as memory, planning and organising, attention, and language. We would like to thank you for completing these tests, and provide you with some feedback about their outcome.

Outcome of Testing

The assessment findings have highlighted a number of strengths and some areas of potential difficulty.

Your **strengths** are:

- **Orientation:** You are well orientated to time, your whereabouts and your present situation. Although this may sound quite basic, brain injury can often cause serious and oftentimes prolonged periods of disorientation and confusion. Therefore it is very positive that you are consistently orientated to time and place.
- **Immediate memory:** You can remember both verbal & visual information given to you in the moment and repeat it back with ease. Remembering information given in context e.g. a story, is easier for you than large chunks of unrelated items e.g. lists of words.
- **Delayed memory:** You can remember both verbal & visual information accurately after a short time delay. You are able to focus your attention on information in order to store it appropriately in your memory where you can later find it and recall the information you need.
- **Initiation:** You are able to initiate responses, for example, starting a conversation and expressing your needs clearly. After a brain injury, some people really struggle initiating responses as it can be easier to answer a question than initiate a conversation. Although this may sound basic, it is very positive that you have no difficulties in this area.



- **Mental flexibility:** Learning rules and switching between different rules in order to successfully complete tasks using a flexible approach is a strength for you.
- **Verbal Comprehension:** Your verbal IQ falls within the 'Average' range when compared to the general population in your age group. You have a good vocabulary and understanding of abstract verbal reasoning. Hence you have acquired a solid body of general knowledge.
- **Perceptual Organisation:** Interpreting visual information in order to problem-solve tasks using spatial reasoning is also an area of strength. You can perceive visual information that enables you to reason through complex visual tasks.

However, some **difficulties** (compared to someone of your age, background and performance in other areas) were noted:

- **Processing speed:** It now takes you a bit longer to think things through and process information fully. This may affect your ability to hold information in mind and manipulate it if it is presented relatively quickly, for example, in a conversation. It may help you to take your time when completing a task and ask others to slow down when they are providing you with information. This is very common following a brain injury.
- **Planning:** You showed some difficulties with planning steps involved to complete a complex task. If you tackle problems in the same manner you did before your brain injury, you may now find yourself getting stuck. This is related to your reduced processing speed. If you take more time to plan all the steps you may need before you even begin a task, you will be less likely to encounter difficulties later on.
- **Strategy formation:** Developing strategies to aid planning and successful completion of tasks may be more difficult for you now than it was before your brain injury. This can affect your ability to problem-solve situations. Again, if you give yourself plenty of time and work at a slower pace that is more comfortable for you, you will be better able to plan an effective strategy to problem-solve complex tasks.

Whilst you are here at Blackheath Brain Injury Rehabilitation Centre we could start working with you to use strategies to help you cope and compensate for the difficulties that you may be experiencing now or when you leave Blackheath.



## **Recommendations**

The following steps may help with the impact of your brain injury:

- Generally, slow down and allow yourself plenty of time to complete a task, working at a relaxed pace.
  - This will help ensure that you have time to take in and process important information
  - Slowing down will also help you to take the time to plan what you are going to do next.
- Ask others to slow down or repeat important information.
- Ask others for support when you need it. Slowed processing speed is very common after head injury and so many people benefit from explaining to others what would be helpful.
- Try to reduce distractions (e.g. background noise, more than one person speaking at one time) when listening to others.
- Try not to be critical of yourself if you make a mistake. Try to accept that this can happen and allow for this.

If you would like to discuss this feedback further or you have any questions, please feel free to speak to a member of the psychology team.

We wish you all the best for the future.

Best Wishes

Rebekah and Denise