



MEMORehab

The Importance of Memory

Memory plays a crucial role in shaping our identity and our ability to learn new things. When our memory falters, it can make it hard to work or possibly even to live independently. Unfortunately, various neurological disorders can impact our memory and make it harder to carry out our daily activities.

The good news is that even after years of memory problems, there are methods that can help to improve it. As memory improves, so does self-confidence, making it easier to handle work and everyday experiences.



Introducing MEMORehab

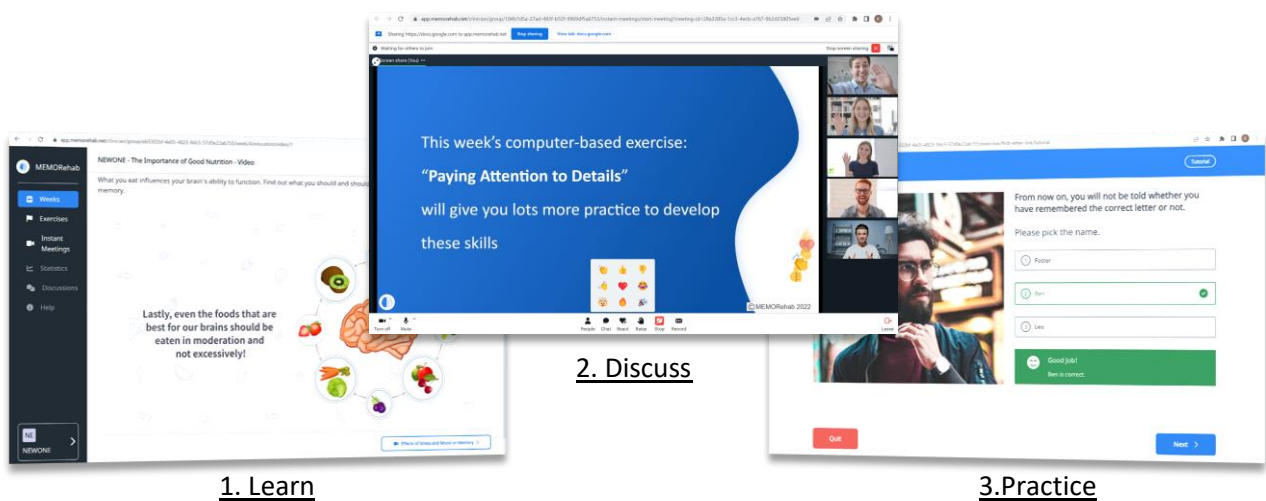
MEMORehab is an online program designed to help adults better understand memory, how it can be affected by various conditions, and what changes you can make in your daily life to improve it. It also helps you learn and practice strategies to improve your memory.

This program is led by an experienced clinician, with whom you will meet for six, one-hour sessions. These sessions can take place on your computer or in person. Meetings with the clinician are run either 1-on-1 or in small groups. You will also have access to several learning tools such as videos and computerised exercises.

Keep reading to learn more about the program...

The MEMORehab program includes:

- ✓ Six sessions with an experienced clinician to learn new memory skills.
- ✓ Guidance on how to implement new strategies at home or at work.
- ✓ Short educational videos to watch online.
- ✓ Computerised exercises to practice strategies.
- ✓ Reminders to help you build good memory habits.
- ✓ Six additional weeks of access to material after the sessions with the clinician finish.



All strategies and lifestyle habits taught in the program are evidence-based!

All you need to participate in this program is:

A tablet, computer or laptop

An email address

Six one-hour time slots that you can commit to meeting with your clinician

The ability to hear, see information on a computer screen and the ability to respond by speaking and by choosing options on the keyboard

An Allied Health clinician willing to run MEMORehab with you

If you would like participate in the program, please contact:

admin@hillsneuropsych.com.au