

THINKING and MEMORY Fact Sheet:

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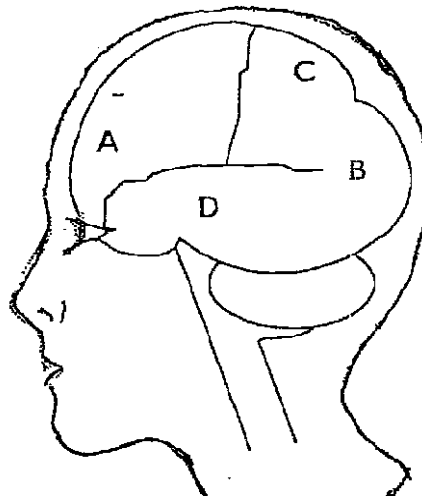
A. MEMORY and LEARNING

Depending on which part of the brain is affected by the Stroke, various problems with memory may occur, such as the ability to remember people's names or faces, or to carry out daily tasks. It may also take longer to learn things.

Each half of the brain has four lobes
Each performs different tasks, but they all work together.

A. **FRONTAL LOBE**

Planning, Expression,
Activity Level, Voluntary
Movement, emotions.
Thalamus



C. **PARIETAL LOBE**

Association of senses,
body position, recognition,
reading.

D. **TEMPORAL LOBE**

Memory, New Learning,
Hearing, Comprehension

B. **OCCIPITAL LOBE**

Vision – colour, shape,
distance

- A person experiencing memory difficulties may find it helpful to use notebook, calendar, diary, tape recorder, or notice-board to remind themselves of things that need to be remembered.

B. PROBLEM SOLVING and DECISION MAKING.

- After a Stroke, some people experience trouble solving problems or making decisions that once may have been second nature to them.

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- A person experiencing trouble solving problems and making decisions should be allowed as much time as needed, and may find it helpful to tell people that he/she needs time to think.

c. ATTENTION and CONCENTRATION.

- After a Stroke, some people may find it difficult to concentrate on one task for a reasonable period of time, or to focus on more than one task at a time (eg. talking while watching television).
- A person having trouble concentrating on one task for a long period of time may find it helpful to choose hobbies which need less concentration, take frequent breaks, and only do things for a short period of time.
- A person having trouble focusing on more than one task at a time may find it easier if there is only one thing to attend to at a time. (eg. turning the television off to talk with someone).

D. PERFORMING TASKS IN THE RIGHT ORDER.

- After a Stroke, some people may have trouble planning the order in which clothes should be put on, or the order of tasks involved in making a cup of tea. Difficulties such as these are sometimes called "sequencing" problems.
- To assist dressing, it may be useful to have the clothes laid out in the correct order, or to attach labels to each item of clothing to indicate how it is worn.

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D. PERFORMING TASKS IN THE RIGHT ORDER [cont].

- To assist with tasks such as making a cup of tea, it may help to break the task down into a series of small steps which can be learned in sequence.

E. RESPONDING QUICKLY.

- After a Stroke, some people may find that they take longer or are not as good at responding to questions or doing simple tasks such as making a cup of tea.
- When a person experiences problems such as these, the most helpful thing other people can do is to show patience and understanding. These problems often decrease over time.

F. CONFUSION:

- Any combination of the difficulties discussed above may result in feeling of confusion for oneself, relatives, or friends. After a Stroke, some people have trouble finding their way around their own homes or even recognising objects and knowing how to use them appropriately. (eg being unable to recognize what a pen is and what it is used for).
- It may be helpful to develop a simple routine to be followed every day, rearrange the furniture to make it easier to move around at home or ensure that everything need for a task is in front of the person