



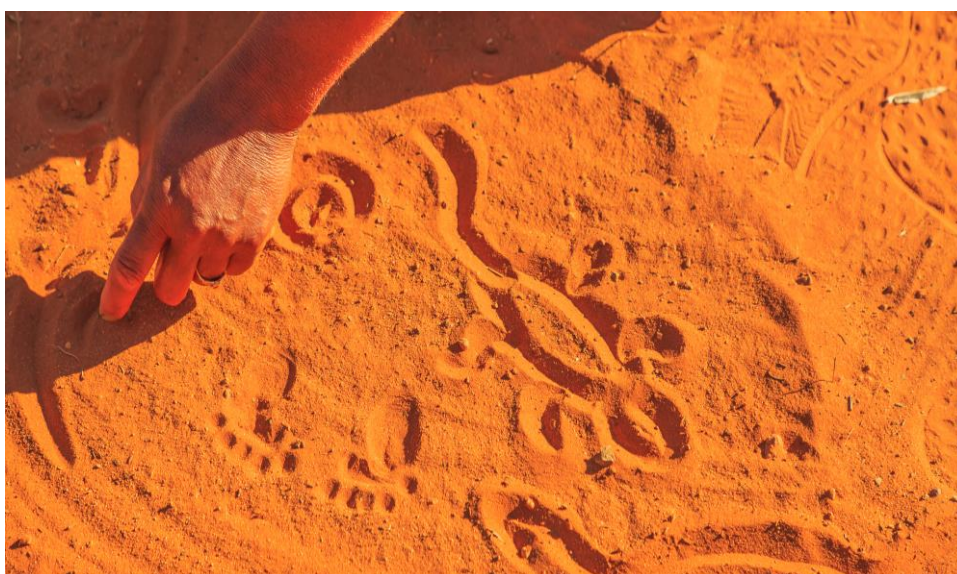
Breaking Down barriers to Communication

YOUR PRESENTER IS: DR LUKE SMITH
YOUR FACILITATOR IS: ANDREA SALMON



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Acknowledgement of country



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Introductions

TODAY'S PRESENTER AND FACILITATOR



Dr Luke Smith

Andrea Salmon

Multiple Sclerosis Limited

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**Connections to Others:
The Role of Cognition**

Clinical Neuropsychologist Dr Luke Smith

www.smithneuropsychology.com

The slide features a dark blue background. On the right side, there is a white line-art illustration of a human brain. Below the brain, the upper portion of a man in a dark suit and blue tie is visible. The text is in white, with the title in a large, bold font.

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MS symptoms

- MS and the brain
- Cognitive changes
- Issues with social cognition

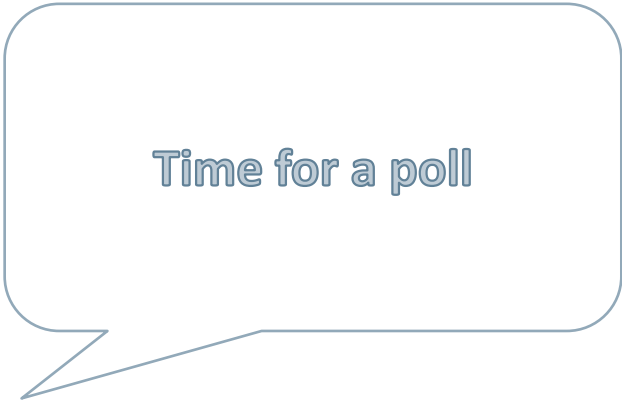


Things that can help

- Cognitive strategies to help communication
- Choosing and tailoring your environment
- Strategies for others
- Getting help

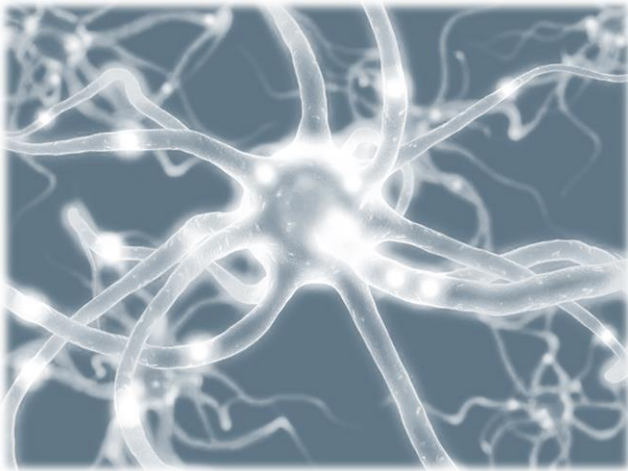
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Information processing speed

- Thinking speed

Attention & concentration

- Attention span, sustained attention, divided attention

Working memory

- Holding information in mind whilst manipulating it

Verbal skills

- Expression and comprehension of language

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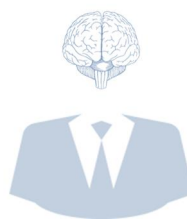
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Learning & Memory

New learning

'Free-recall' vs. 'recognition' memory

Long-term memory



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Executive functioning

Insight
Idea generation
Inhibiting automatic responses
Reasoning & problem-solving
Planning & organising



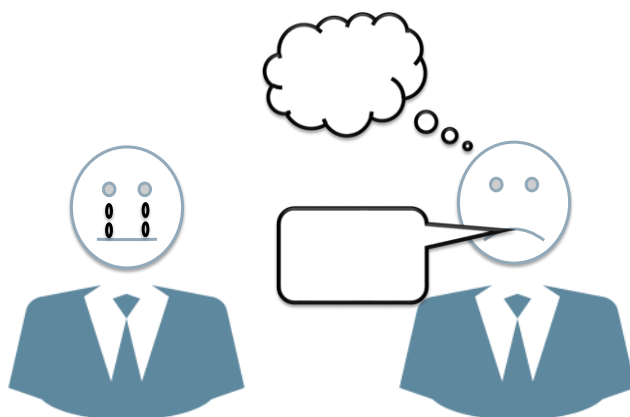
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**What is the main change you
have noticed in thinking &
memory?**

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Have you noticed any changes in your relationships because of these symptoms?

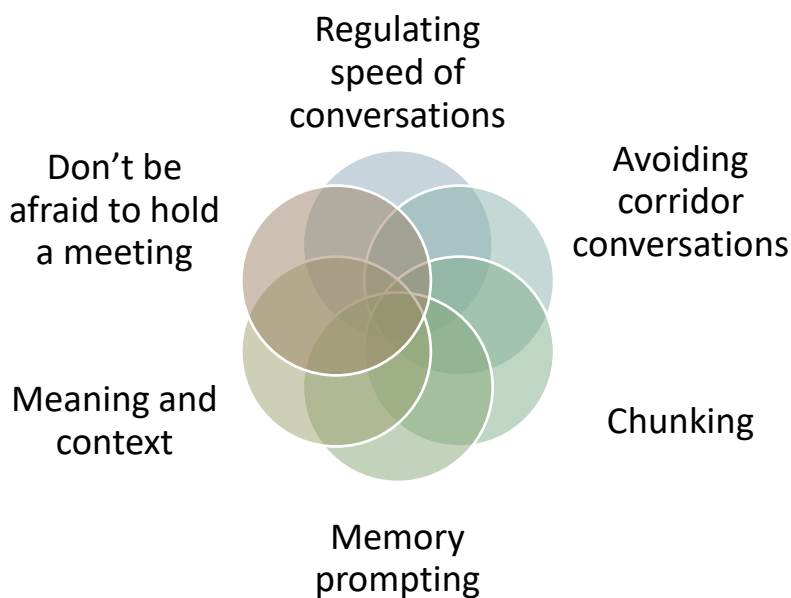
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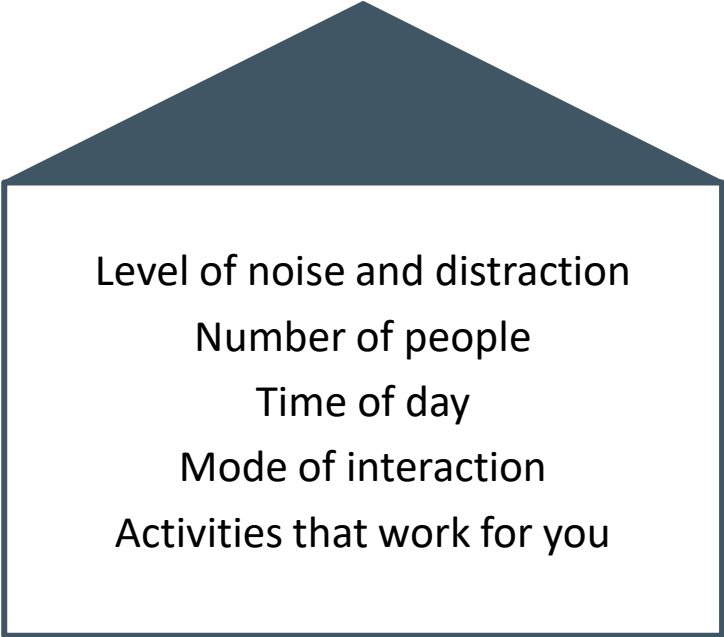
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Level of noise and distraction
Number of people
Time of day
Mode of interaction
Activities that work for you

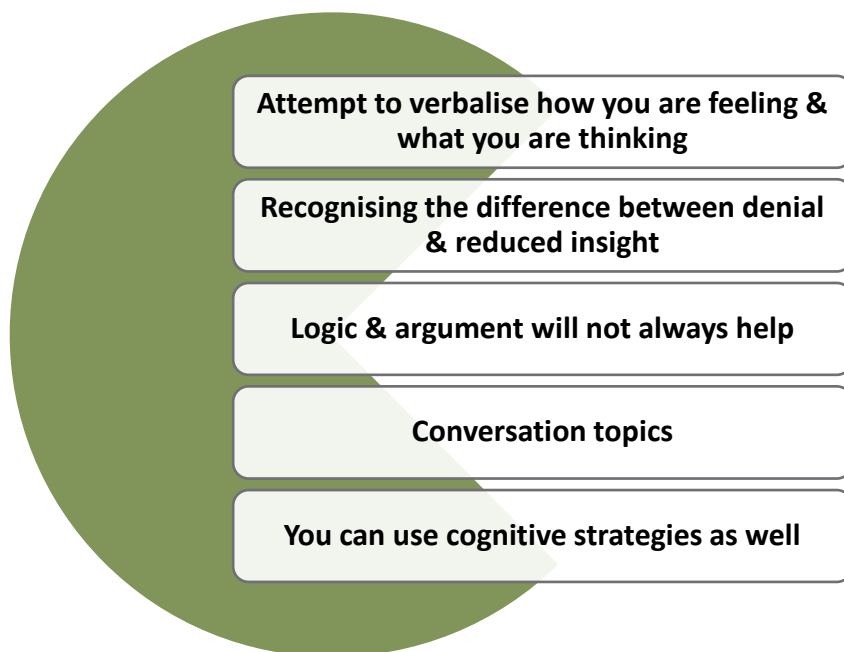
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What environment best supports your ability to communicate and interact?

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Getting Help

- ✓ **Contact MS**
- ✓ **Talk to your doctor**
- ✓ **Referral to an allied health professional**
- ✓ **Emotional support**
- ✓ **Family and relationship therapy**

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Questions



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Services

SUPPORTING AUSTRALIANS TO LIVE WELL WITH MULTIPLE SCLEROSIS




We are here so nobody faces MS alone

Multiple Sclerosis Limited (MS) provides a range of services to support people with multiple sclerosis to live the best lives they can. We service people in ACT, NSW, TAS and VIC.

			
Allied Health (NDIS, My Aged Care)	NDIS Plan and Support Coordination	Free MS Helpline Service (Specialist Advice and Information)	Employment Support
			
Residential Care	Wellbeing and Peer Support	Education for Community and Health Professionals	Respite and Carer Support

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Resources

FREE TO ACCESS



- MS Podcast Series
- Intouch E-Newsletter
- Webinar library
- Interactive and personalised online tools
- Online 'live' events such as Facebook Live

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Contact us for more

WE ARE HERE SO NO-ONE HAS TO FACE MS ALONE



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www.ms.org.au

Monday – Friday, 8am – 6pm

