Welcome to today’s webinar: “Let’s think about your thinking – an interactive session with Dr Luke Smith”

Your Presenter is Dr Luke Smith

Your Facilitator is Kathryn Keenan
Thanks for joining us for this webinar – welcome!

You will be able to:
• hear the presenter
• see the slides
• see the presenter

You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.
Control Panel

Control panel appears on the right of screen

*If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;*
Handouts

Handouts have been sent separately. This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic.

The webinar will be recorded and will be available on our website: www.ms.org.au via the Webinar library.
Polls are used throughout our client webinars as a way of making the webinars interactive.

To familiarise you with how they work I will run one now…
Welcome to today’s webinar:
“Lets think about your thinking – an interactive session with Dr Luke Smith”

Your Presenter is Dr Luke Smith

Your Facilitator is Kathryn Keenan
We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.
Introduction to Presenter

Dr Luke Smith is a clinical neuropsychologist who works privately in the community, including consultation in Victoria and Tasmania. Previous to gaining qualification as a neuropsychologist, he worked as a behaviour management consultant and counsellor for Dementia Australia both in Victoria and South Australia.

Luke has a research and clinical interest in progressive neurological conditions, particularly those affecting younger people or associated with movement disorders. He also has a passion for education and skills training in the progressive neurological disease and aged care sectors.
Informed Choice

This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.
Let's think about your thinking

Clinical Neuropsychologist Dr Luke Smith

www.smithneuropsychology.com
Outline

1. MS & the brain
2. Changes in cognition
3. Neuropsychological assessment
4. Managing thinking speed
5. Concentration techniques
6. Memory strategies

www.smithneuropsychology.com
Let’s make this interactive!

Time for a poll
Information processing speed
• Thinking speed

Attention & concentration
• Attention span, sustained attention, divided attention

Working memory
• Holding information in mind whilst manipulating it

Visuo-spatial processing
• Understanding & organising visually based information
Learning & Memory

New learning
‘Free-recall’ vs. ‘recognition’ memory
Long-term memory
Executive functioning

- Insight
- Idea generation
- Inhibiting automatic responses
- Reasoning & problem-solving
- Planning & organising
Have you noticed any changes in your thinking & memory?
Have you ever seen a Neuropsychologist before?
Neuropsych Assessment
- Interviews
- Cognitive testing
- Behaviour & mood assessment

Analysing results

Feedback session

Therapy & support

www.smithneuropsychology.com
Assessment of cognitive symptoms

Emotional & behaviour support

Cognitive rehabilitation & strategies

Decision-making capacity

Monitoring symptom trajectory

www.smithneuropsychology.com
What thinking and memory strategies do you use?
Adjust time

Thinking

Remembering

Talking

www.smithneuropsychology.com
Chunking

Take breaks

Control distraction & noise

Manage your fatigue & mood

www.smithneuropsychology.com
Diaries & calendars

Notes & notepads

Using external aids

Whiteboards

Learning techniques

Imagery

www.smithneuropsychology.com
What is the main memory strategy that you do/would use?
www.msausralia.org.au

Cognition Information Sheet
Questions

MS Connect
1800 042 138
msconnect@ms.org.au
Free E-books

Contact MS Connect to obtain login details
1800 042 138
Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit [www.ms.org.au](http://www.ms.org.au) and search Get Your Act Together
A major change to the way disability supports and services are funded and delivered

- Available to people who are: under 65, satisfy residency requirements and are able to demonstrate that their disability substantially affects daily living
- Promoting choice, control and social and economic participation
- Providing a whole-of-life approach
- It is not means tested
- Providing reasonable and necessary supports and services
- Ensuring equity of access
We can help you to

• understand the eligibility requirements
• understand the pathways to access the NDIS
• prepare for a planning conversation
• understand your current supports and any unmet need
• develop your goals
MS is a registered NDIS provider in NSW, ACT, Vic and Tas. MS is approved to provide:

- Preplanning prior to your conversations (All areas)
- Support Coordination/Connection – assistance to help make your plan active (All areas)
- Short term accommodation (Vic)
- Community Participation (NSW)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW and Vic)
- Physiotherapy and Occupational Therapy (NSW and Vic)
- Plan Management

Want to learn more?
Please call MS Connect 1800 042 138
My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

✓ Information
✓ Assistance in mapping out your needs
✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: https://www.myagedcare.gov.au
Other Services

MS Financial Assistance program
MS Financial Assistance program provides one-off funds for those facing financial hardship. The funds can be used to purchase equipment or air conditioners to promote quality of life and help with health related matters.

MS Go for Gold Scholarships
MS Go for Gold Scholarships are open to people living with multiple sclerosis who wish to follow a dream. The scholarships can be used to achieve dreams such as education, travel, the arts, music, sport, employment and lifestyle. Each scholarship is up to $3,000 in value (depending on the circumstances, see the MS Go for Gold Application Guidelines on our website for more information). Applications now open.
Are you part of the MS community and interested in volunteering in a study?

We are looking for adults who:

• Have a confirmed diagnosis of Multiple Sclerosis
• Are able to walk 50m with or without a walking aid
• Are able to stand 1 minute unaided
• Have had no worsening of MS symptoms in the past 30 days

Interested, please contact Anna Butler on 0408368244 or ifims.melbourne@neura.edu.au

Thank you

MS Connect
1800 042 138
msconnect@ms.org.au
Please stay on after this webinar to complete a short survey.

Your feedback is important to us and will be used to improve our services.

Thank you for your time.