

## What are Cogmed Training Benefits?

- The benefits related to Working Memory Training (CWMT) in everyday situations is emerging and continuing to grow. Whilst the training specifically targets working memory and attention, its effects have been found to be transferable or extend to substantial and real-world improvements for individuals who have been impaired by their working memory. The benefits can be different for everyone, however, there are some proven or reported trends.
- Cogmed Training provides the opportunity to:
  - build on a child's capacity to learn and address key learning challenges and struggles,
  - improve classroom productivity through improved attention,
  - improve remembering, listening and focusing.
- CWMT has led to improved learning outcomes for many students in:
  - reading and math skills
- Parents and teachers have also reported to have observed improvements in:
  - social skills, taking initiative, remembering instructions, being more organised and completing assignments more independently following CWMT.
- Strengthening working memory can support learning and many of the activities that children and adults routinely engage in at school, work or everyday functioning activities including:
  - Controlling attention
  - Remembering instructions
  - Organising information
  - Focusing
  - Resisting distractions
  - Complex thinking
- Cogmed can be a useful tool to help reduce some of the symptoms and behaviours that commonly present in ADHD that are affected by working memory.
- Generally, benefits of CWMT are most likely to be gained where the underlying difficulty relates to a working memory impairment. Therefore, CWMT has been shown to reduce many symptoms associated with attention deficits found within other diagnosed conditions such as:
  - cognitive impairment,
  - ABI, stroke
  - low language abilities,
  - other Specific Learning Disabilities such as Dyslexia
- Cogmed training supports sustained improvements in working memory across the lifespan and sustained improvements in attention. Training has been found to help improve performance in daily functioning for adults, especially where the primary underlying functional difficulties are related to working memory impairments.