

# Memory: How LearningRx Can Help

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## Definition

Memory is the ability to recover information about past events or knowledge. It is divided into short-term (working) memory and long-term.

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## Diagnosing memory difficulties

Parents and/or teachers are usually the first to notice memory problems in children. Older adults often notice memory issues in themselves. Soldiers or their spouses often notice their memory issues.

LearningRx provides a professional cognitive skills evaluation using the Woodcock Johnson III Tests of Cognitive Abilities and the Woodcock Johnson Test of Achievement to pinpoint the exact cause of memory problems. The tests measure all cognitive skills - including memory, processing speed, visual and auditory processing, logic and reasoning, and attention.

In people with memory issues, the weakest cognitive sub-skills are short-term memory, long-term memory and/or working memory, although other areas may suffer as well.

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## Symptoms of memory difficulties

- Difficulty concentrating
- Forgetting names
- Difficulty recalling information
- Misplacing keys, homework, etc.
- Difficulty following directions



## Characteristics

- No age bias, though memory does begin to decline in your mid-20s
  - No gender bias, though common in pregnant women and new mothers
  - Common in soldiers with Post-Traumatic Stress Disorder (PTSD)
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## Treatments & prevention

- Professional neurological exam to rule out Post-Traumatic Stress Disorder, dementia, Alzheimer's, or brain damage
- Proper nutrition includes complex carbohydrates, fiber, and "good" fats to help maintain glucose levels in the brain.
- Wear helmets when riding bicycles, motorcycles, mopeds, horses, etc., and when playing contact sports like football or rugby.

Cognitive skills training attacks the *root causes* of memory issues by strengthening weak cognitive skills, especially short-term, long-term, and working memory sub-skills.

Unlike tutoring, which focuses on specific academic subjects (like history), cognitive skills training treats the causes of learning struggles to help children, teens, and adults excel in school, sports, the workplace, and extracurricular activities (like music, art, and dance).

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Call LearningRx today to learn more about cognitive skills testing!

Visit [www.LearningRx.com](http://www.LearningRx.com) to find a center near you.

Information provided by LearningRx, a cognitive skills training company with centers across the U.S. [www.learningrx.com](http://www.learningrx.com)