



COGNITIVE IMPAIRMENT RESOURCES

Information booklet



Understanding Changes in Thinking and Memory

Information for people affected by cancer


Practical
and support
information
fact sheet

- Cancer Council fact sheet: [Understanding changes in thinking and memory](#)
- Cancer Council website: [Changes in thinking and memory](#)
- American Cancer Society (ACS) website: [Chemo brain](#) (US)
- MacMillan Cancer Centre website (UK):
<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/chemo-brain>
- Memorial Sloan Kettering Cancer Centre website (US): [Managing cognitive changes for cancer survivors](#)

CALD groups – Chinese (quite general)

- HKU Jockey Club Institute of Cancer Care – various videos to support cancer survivors. While the videos are in Chinese, we include English subtitle for English-speaking patients. You may share with the participants. Facebook link <https://www.facebook.com/hkujcicc/> or our website <https://jcicc.med.hku.hk/?lang=en>
- other patient resources for Chinese patients <https://jcicc.med.hku.hk/resources-useful-links/?lang=en>

MSK video series



Memorial Sloan Kettering
Cancer Center

Sloan Kettering Institute

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A Discussion About Post-Treatment Changes in Thinking and Memory

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Now Playing

The Impact of Ca...

8:49

UP NEXT

Strategies to Impr...

6:17

How Fatigue, De...

16:39

Evaluating and t...

5:57

Common Cognit...

VIDEO

Timothy Ahles, a behavioral psychologist at Memorial Sloan Kettering Cancer Center, discusses the effects of cancer treatments on the body and mind, with a special emphasis on memory.

Related topics

Behavioral Psychologist Tim Ahles Discusses Cognitive Changes Associated with Cancer Treatment

Related people

Tracks

The Impact of Cancer Treatment on the Body and Mind

Strategies to Improve Cognitive Function

How Fatigue, Depression, and Other Factors Affect Cognitive Function

Evaluating and Treating Memory Loss

Common Cognitive Problems Following Cancer Treatment

A Discussion About Post-Treatment Changes in Thinking and Memory: Questions & Answers

Cancer Council NSW Vardy and McCrossin – Brainfog podcast

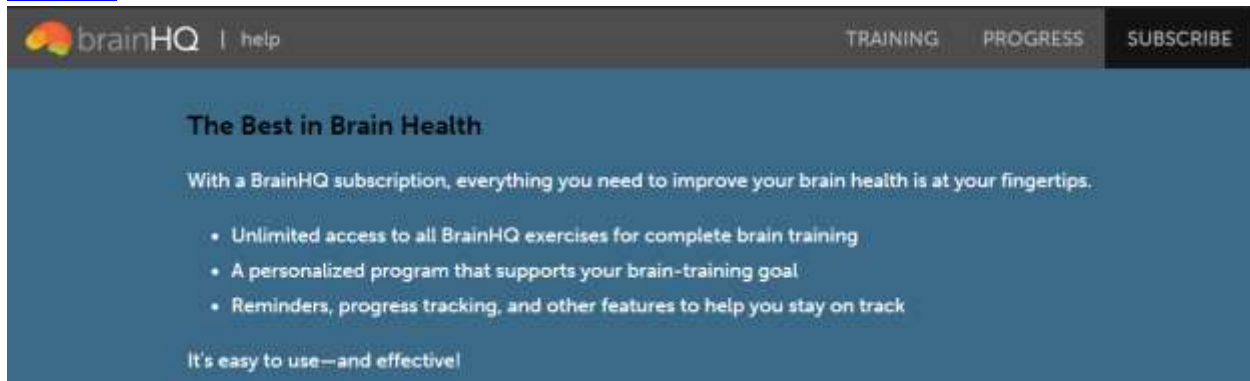
<https://www.cancercouncil.com.au/podcasts/episode-14-brain-fog-cancer/>

<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/changes-in-mood-or-thinking/chemo-brain.html>

<https://www.breastcancer.org/community/podcasts/chemobrain-20191122>

APPS

Brain training: A brain-training system devised by an international team of neuroscientists:
[BrainHQ](#)



Lumosity <https://www.lumosity.com/en/>

OTHER THEMES

Provide information on fatigue, exercise, sleep, stress...as it is often part of a symptom cluster.

GAPS: CALD resources - very difficult to locate and also those for older people (lower literacy/tech literacy etc)

Simple models of two types of memory/ memory issues (names and prospective memory), and then strategies for managing these.

Go through and discuss/ explain the approach I would use with someone with CRCI - i.e. finding out about specific issues, then using a problem-solving approach to consider what is causing issues with cognition in that scenario (for example - if forgetting names in a new group - is this not paying attention due to worry about what they will say, or introduced to more people than we have capacity for etc...).. and then going through a selection of strategies and applying the one that best fits. Ideally, clinician would demonstrate/ practice with client, and then have them try it, and come back and discuss if doesn't work. But I could go through in the workshop this sort of approach and mention various strategies, and possibly go into more detail on some of the ones with strong evidence base for memory (spaced retrieval, implementation intention, association). I should have some slides on those strategies somewhere, or can create. Let me know what fits with what everyone else is going to present etc.

Work with individuals starting with some models of how our brain works in terms of memory (common complaint) and thinking. Memory for example, people don't understand/ know about different stages and what can impact it, which helps consider how you can improve it.