

CANCER RELATED CONCENTRATION AND MEMORY LOSS

WHAT IS THIS?

- Also Known As: chemo brain, chemo fog or Cancer Related Cognitive Deficits (CRCD)
- CRCD refers to problems with memory and/or concentration that patients may experience during and after cancer treatments.
- Symptoms include:
 - Trouble remembering names, dates, appointments, etc
 - Trouble completing more than one task at a time
 - Trouble concentrating
 - Taking longer than usual to complete tasks
 - Trouble remembering common words

WHAT CAUSES CONCENTRATION AND MEMORY LOSS?

- Chemotherapy
- Hormone therapy
- Radiation therapy

WHY IS MY PHYSICIAN RECOMMENDING OCCUPATIONAL THERAPY?

- An Occupational Therapist will help you manage your symptoms of possible memory loss.
- Studies show that many patients do not tell their cancer care team about these symptoms until it affects their safety and everyday life. Our goal is your safety and well-being during and after your cancer treatment.

WHAT CAN I EXPECT FROM THERAPY?

- Therapy will work with you in these areas:
 - Organization
 - Attention
 - Problem Solving
 - Memory
- Therapy will help you track and understand your concentration and memory issues.
- Therapy will help you learn exercises to teach your brain how to do everyday tasks in new ways.
- Therapy will help you with stress-relief skills because stressful situations can make your symptoms worse
- Therapy will help you cope and help you identify a support system at home.

PLEASE CALL US AT 708-763-2031 TO SCHEDULE YOUR EVALUATION.

COMMONLY ASKED QUESTIONS

WHY AM I BEING REFERRED FOR OT?

- All patients receiving chemotherapy, radiation therapy, or hormone therapy are at risk for memory loss.
- This initiative is to promote your quality of life and safety.

HOW WILL I KNOW IF MY INSURANCE COVERS THE COST?

- Once you have been registered for your initial evaluation, a financial counselor from the rehab department will check your insurance benefits.
- If there are any expected co-pays, our financial counselor will call you to tell you before your first visit.
- If your insurance requires authorization by your physician, the rehab department will obtain it before your first visit.

WHAT SHOULD I EXPECT DURING MY INITIAL EVALUATION?

- We will call you to schedule a 60-minute visit with our occupational therapist.
- Please arrive 15 minutes before your scheduled appointment time to complete your intake paperwork.
- Once you have completed your initial assessment, your occupational therapist will discuss your results and your recommended follow up.

WHAT SHOULD I EXPECT DURING FOLLOW UP APPOINTMENTS?

- You will be scheduled for 60-minute follow up appointments with our occupational therapist.
- Your therapist will tailor your therapy sessions to you and work with you to improve your memory and concentration issues.

WHY IS THE OCCUPATIONAL THERAPIST RECOMMENDING PHYSICAL THERAPY?

- If your occupational therapist learns about any recent falls in your home or community, muscle weakness, trouble performing daily tasks, or reports of pain, they may refer you to physical therapy to help with these complaints.
- Once again, our goal is to provide you with the best care possible. This is another initiative to promote your quality of life and safety.

HOW CAN I REACH MY OCCUPATIONAL THERAPIST TO RESCHEDULE APPOINTMENT ?

- Please call us at **708-763-2031** to cancel or reschedule any occupational therapy appointments.
- Our goal is to accommodate your busy schedule and daily life.