

DMCDL Patient Pointers...

November 2010



Did you know....

You can request prescription refills online via the "patients only" section on our website (password is our suite number: 301).

Failing to Focus... or Preparing for Success?

Many children with ADHD and other learning disabilities have trouble with working memory. What may appear to be forgetfulness, distraction or an inability to follow directions or retain information may be directly related to working memory capacity.

Working memory is the search engine of the mind. It is the cognitive function responsible for keeping information online, manipulating it, and using it in your thinking. It is the way that you delegate the things you encounter to the parts of your brain that can take action. It is necessary for staying focused on a task, blocking out distractions, and keeping you updated and aware about what's going on around you. We use our working memory constantly in daily life helping us to perform efficiently and effectively in academic, professional and social settings. **Working memory can be improved!**

Descanso Medical Center for Development and Learning is one of a select group of sites offering Cogmed Working Memory Training - the only evidence-based program for improving working memory. Clinically-proven results demonstrate reduced inattention, impulsivity and hyperactivity and improved concentration, memory and utilization of problem solving skills. [See our website](#) for more information or to sign up for a free Webinar about this home-based five week program that helps improve attention by training and increasing working memory capacity.

Schedule now to begin training over the school break. Contact Bonnie in our office at bdelaney@dmcdl.com.

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See the article on Cogmed Working Memory training in **ADDitude Magazine** at <http://www.additudemag.com/adhd/article/print/3430.html>.

ADDitude Magazine is a great resource. Sign up to receive a free issue (www.additudemag.com). **OR** sign up to receive free newsletters only and download free printable resources such as the [Mid-Year Checkup Guide](#).