Life After Stroke
Stroke Recovery

- Recovery is not only physical, but mental and emotional as well
- Neuropsychological Testing for cognitive memory, behavioral & emotional problems after stroke
- Therapy
  - Speech Therapy
  - Physical Therapy
  - Occupational Therapy
  - Cognitive Therapy
Stroke Recovery

• Take Medications as prescribed
• Lifestyle Modification
• Follow Up with health care provider
• Join “Life After Stroke” Support Group
Why Neuropsychological Testing

- After a stroke patients can experience changes in behavior, memory, language, depression, moods, as a result of changes in the brain.

- A neuropsychological evaluation helps patients and treating physicians determine the changes that have occurred in these areas and what next steps should be taken to help the patient.
Neuropsychology

- Neuropsychology is a clinical specialty concerned with the cognitive, behavioral, and emotional problems that arise from known or suspected brain damage or dysfunction.

- Neuropsychologists use objective, norm-referenced tools to assess the functional capabilities of patients.
Neuropsychology comprises the intersection of clinical neurology, psychiatry and psychology. Clinical neuropsychology involves the assessment of cognitive, behavioral and psychopathological consequences of brain disease (e.g., stroke). It is helpful in addressing questions such as:

- What is the nature & severity of the patient’s cognitive problems?
- What is their level of insight and problem-solving abilities?
- How do personality changes impact on their ability to interact socially?
- Can this patient live independently and manage medications safely?
- Can the patient go back to work?
- Can the patient drive?
- What kind assistance does the patient need?
Benefits of Neuropsychological Assessment

- With information about cognitive and functional strengths & weaknesses, we are better able to recommend effective strategies to assist patients compensate for stroke-related deficits.
- Findings provide objective evidence
  - to document the nature & severity of stroke-related cognitive, language and functional deficits;
  - to help target rehabilitative therapies;
  - to document recovery over time and support recommendations for work or school program accommodations;
  - to determine if a patient understands recommendations and can make truly informed medical decisions;
  - of functional independence with decision-making, effective problem solving, driving, managing personal finances etc.
The Neuropsychological Test Battery

Standardized, Valid, Reliable, & Domain-Specific Tests

- General intellectual abilities
  - Premorbid intelligence estimate
  - Current psychometric intelligence
- Sensory-motor Functions
- Attention and Concentration
- Executive Functions
- Language
- Visual-spatial Abilities
- Learning and Memory
- Personality/ Emotional Factors
Neuropsychological Evaluation

• Comprehensive diagnostic interview
• 1-7 hours of testing
  – individually tailored
• Standardized, valid and reliable tests
• Objectively scored
• Comparison to established & appropriate norms
• Qualitative interpretation
  – How the patient completes tests
  – As important as level of performance