

Perception

Perception is the way our brain receives and understands messages from our five senses (smell, touch, taste, sight, and hearing).

Perception includes:

- Recognizing shapes, colors and objects
- Knowing what to do with objects
- Knowing how far objects are from you (depth perception)
- Recognizing how objects relate to each other and to activities
- Feeling your limbs and knowing where they are

Many people find it hard to know they have a problem with their perception.

Strategies: It is best to talk with your Occupational Therapist about strategies specific for you.

As Occupational Therapists, we look at how changes in your cognition, vision, and perception could affect your ability to take care of yourself. We can work on improving some of these skills or we might help you learn new ways of doing things so that you can be as independent as possible.

If you have further questions, please ask your healthcare provider.

Some useful information sites:

Fraser Health fraserhealth.ca

The Heart and Stroke Foundation of Canada heartandstroke.ca

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #265825 (May 2018)
To order: patienteduc.fraserhealth.ca

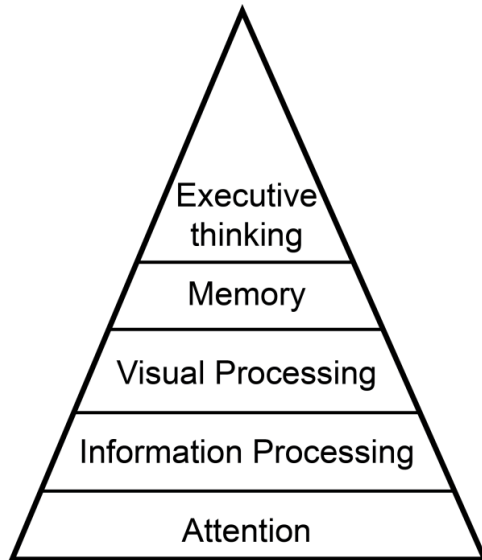
Changes in Cognition, Vision and Perception

After a Stroke

High Intensity Rehab



As Occupational Therapists, we look at the following thinking skills or 'cognitive' functions *:



Awareness

You might have trouble remembering information about yourself, where you are or what the date/month/year is, or what has happened to you.

Strategies: Have family or staff remind you of the date. Use a calendar or journal.

Attention

You might find it hard to concentrate or focus. You might have trouble completing more than one task at a time, or alternating between two or more tasks.

Strategies: Limit things that can distract you. Ask people to repeat things. Have people speak slowly.

Information Processing

You could have trouble understanding new and complex information. This might mean that you need more time to think and respond. You might feel like your brain is always tired.

Strategies: Make sure you break down tasks. Ask for people to repeat things. Take short breaks.

Visual Processing

You might not see clearly, have blurry or double vision, or have trouble seeing objects on your affected side. You could also find it hard to watch moving objects.

Strategies: Turn your head to your affected side. Place items on your affected side to make your brain pay attention to them.

Memory

You might find it hard to remember people or places. It might not be easy for you to remember new information.

Strategies: Use a notebook, diary, alarms or a phone to help you to remember. You might need to repeat and rehearse what you need to remember.

Executive Functioning

You might find it hard to learn new tasks, plan or organize activities, make safe decisions, show good judgement, start or carry out a task, or solve problems when they arise.

Strategies: Ask people to give you information simply and clearly. Break down steps and organize what you need to do. Plan what you need to do and do the most important things first.

*Cognitive Hierarchy Model based on Malia/Brannagan