
PATIENT INFORMATION FOR COGNITIVE AND PERCEPTUAL DEFICITS

After a stroke, some people have problems with their cognition or perception. Cognition is how we know things and how we think. Perception is how we process and understand information from our senses: seeing, hearing, touching, tasting, and smelling.

Cognitive and perceptual problems might not be as obvious as physical problems. Sometimes these problems are not recognized while you are still in the hospital. Some people find that once they are home and getting back to their normal activities, these problems become obvious and make it hard to function and be independent.

The following is a list of signs and symptoms that you may experience once you leave the hospital. If you do notice any of these things, you should contact your family doctor who can help you get the care you need:

CONCENTRATION

- Having trouble focusing on things.
- Having trouble doing more than one thing at a time.
- Losing your train of thought.
- Noticing you are more distracted than you were before your stroke.

WAYFINDING

- Getting lost when driving a car, or walking somewhere.

PROBLEM SOLVING & ORGANIZING

- Having a hard time making decisions.
- Having trouble with tasks at home or at work, such as paying bills or managing schedules.
- Having a hard time working on the computer.
- Having trouble managing family schedules, or helping with tasks you used to be able to do easily, like helping kids with homework.

MEMORY

- Forgetting things like names, appointments, or recent events.
- Misplacing objects.
- Noticing you are more forgetful than before your stroke.
- Having a hard time learning new things.

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DAILY ACTIVITIES

- Having trouble knowing how to dress yourself or forgetting to dress your affected side.
- Having problems using common objects, like your toothbrush or your comb.
- Having trouble reading the clock.
- Noticing you are dropping things often, like your fork or pencil.
- Having trouble with complex tasks like driving.
- Having a hard time doing day to day tasks like cooking.

VISION

- Noticing that you have a hard time finding items in your cupboard or fridge, even though you know they are there.
- Having a hard time reading a paragraph (you are skipping words or lines).
- Noticing you are missing part of your sight.
- Noticing you have double vision or blurred vision.

WORK ACTIVITIES

- Finding it hard to write sentences, letters, or emails because you can't concentrate.
- Finding it hard to remember how to type.

MOBILITY

- Forgetting to use your affected arm as much (stroke side arm).
- Leaving your affected side arm hanging over the arm rest of a chair.
- Bumping into or knocking over items on your affected side.
- Missing the chair when you sit down.
- Misjudging the height of a step when you are going up or down stairs.

SERVICES IN YOUR COMMUNITY

Aphasia Centre of Ottawa

613-567-1119

www.aphasiaottawa.org/

Community Care Access Centre

800-538-0520

healthcareathome.ca/champlain/en

Geriatric Assessment Outreach Program

613-761-4458

[www.rgpeo.com/en/patients-and-families/in-the-community-\(out-patient\).aspx](http://www.rgpeo.com/en/patients-and-families/in-the-community-(out-patient).aspx)

Stroke Survivors Association of Ottawa

613-237-0650

www.strokesurvivors.ca/

University of Ottawa Interprofessional Clinic (FRENCH ONLY)

613-562-5800 poste 8037

www.health.uottawa.ca/univclinic/

OTHER STROKE RESOURCES

Champlain Healthline website (click "Stroke Resources" on the right)

www.champlainhealthline.ca/

Heart and Stroke Foundation of Canada

www.heartandstroke.com/

Let's Talk About Stroke

http://www.heartandstroke.com/atf/cf/%7B99452d8b-e7f1-4bd6-a57d-b136ce6c95bf%7D/LETSTALKABOUTSTROKE_LR.PDF

Parlons de l'accident vasculaire cérébrale

[http://www.fmcoeur.qc.ca/site/c.kpIQKVOxFoG/b.4072761/k.121F/AVC Parlons de l8217AVC.htm](http://www.fmcoeur.qc.ca/site/c.kpIQKVOxFoG/b.4072761/k.121F/AVC_Parlons_de_l8217AVC.htm)