

What can I do if I have difficulty with Information Processing



Multiple Sclerosis Society
of SA & NT

Strategies for people with MS

Some suggested compensatory strategies to manage difficulty with information processing include:

- Allow plenty of time to take in and retrieve new information or to complete activities and tasks.
- Plan ahead and allow for more preparation time: Think and write down what you need to communicate and clarify with people.
- Try to predict potential discussions beforehand so the conversation is not prolonged.
- Try to plan activities/tasks which are more demanding in thinking and memory for times when your fatigue levels are at their lowest. (e.g. in the morning)
- Avoid situations where you are required to make quick decisions.
- Communicate your needs– Tell people you may be slower to respond to conversations and need more time to think.
- Minimize distractions in your environment (e.g. turn off the T.V. if you are trying to have a conversation with someone)
- Try to be positive. Do not blame yourself. You are not lazy or useless.
- You can do things if you have a bit more time. MS is slowing your thoughts down.
- Take notes during or immediately after a conversation.

Not all strategies on this sheet may work best for you, so ask your GP or staff at The MS society if you have any questions.

References

1. Leech 2005, Understanding & Managing Cognitive, Emotional & Behavior changes in Multiple Sclerosis- For people with Ms, their families, Carers, Friends and Health Providers", Multiple Sclerosis Society of Queensland, Australia
2. Rehabilitation in Multiple Sclerosis 2002, MS Essentials for People Living with MS- Memory and Thinking, Multiple Sclerosis Society, London

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