

What can I do if I have difficulty

PROBLEM SOLVING



Multiple Sclerosis Society
of SA & NT

Strategies for people with MS

Some suggested compensatory strategies to manage difficulty with Problem Solving include:

- Try to do things in an easy order.
 - Plan your daily activities using a calendar or planner.
 - Prioritise what is important and should be done first.
 - Think what you are likely to need to complete the activity before you start.
- Ask others for help. Work through your problems with someone you are comfortable with.
- Write down the problem, discuss it with someone and write down their alternative solutions. It is useful to think through potential solutions and the steps and consequence of each action.
- Try staying calm when you identify a new problem.
- Ask others to help/prompt through steps in solving problems. ^{1 2}

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. Rehabilitation in Multiple Sclerosis 2002, MS Essentials for People Living with MS- Memory and Thinking, Multiple Sclerosis Society, London
2. 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

INFO 21 CS MS Symptom Series – Cognition: Problem Solving Strategies

Last updated 7 June 2011

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