22 December 2022

We have released a research report about supporting cognitive remediation for adults living with psychosocial disability.

Cognitive remediation is a therapeutic approach aiming to improve learning, concentration and problem-solving for everyday tasks and decision-making. It is guided by a practitioner and includes exercises targeting specific thinking skills and behaviours.

It also:

- Is the most frequently used evidence-based help.
- Uses learning principles to improve effective outcomes.
- Can be a safe and cost-effective way to support everyday functioning, work, independence and wellbeing for NDIS participants with psychosocial disability.

This research is significant because:

- Cognitive impairments are common in people with psychosocial disability.
- Medication is usually unhelpful and has effects on everyday function, wellbeing and recovery.
- People with severe symptoms of cognitive impairment are likely to find cognitive remediation most helpful.

Read the full report.

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