



COGMED REQUIREMENTS

Foundations:

- Sound sensory processing, or well established sensory lifestyle to support executive function
- Healthy sleep habits
- Any nutritional or gut issues effectively managed
- Health is generally good without any consistent problems with appetite, headaches or other signs of stress
- All medication well established and unlikely to change during the period of training
- Supportive relationship between the child and the training aide (usually a parent)
- No history of photosensitive epilepsy in the last 2 years
- Developmentally ready for intensive training

Mental Health & Behaviour

- If there is a history of strong fears/anxiety or depression, these conditions are not currently acute and strategies for managing them are well established and effective
- The child is able to persist through activities without becoming overly frustrated
- The child is able to productively respond to feedback and guidance from the training aide
- Child is able to be motivated by their training aide if a setback occurs
- Child is motivated to improve their working memory for their own reasons

Timing

- Training takes up to an hour each session – child and training aide need to have the available time to train consistently at the same time at a time when the child is at their best – this may mean a late start at school for the duration of the program.
- Willingness to reduce extracurricular activities – for best results, cognitive resources need to be reserved as much as possible during the period of training for the program.
- Able to avoid changes or stresses from significant events e.g. holidays, exams, sporting competitions
- It is best to have just one training aide for most of the program,