

Dr. Jennifer Rodgers



Brief Abstract and Title:

Coping with the Cognitive Aspects of MS

Cognitive change is now recognized as a common and potentially disabling symptom of multiple sclerosis. Understanding and coping with the variable nature of cognitive decline, positively impacts on one's ability to continue working and contributes to a good quality of life. Coping with the Cognitive Aspects of MS will highlight the types of cognitive changes most commonly linked to the diagnosis of MS. Coping techniques and strategies to help individuals and family members understand and live well in spite of these challenges, will be provided.

Learning Objectives:

At the end of this presentation participants will:

1. Better understand the kinds of cognitive changes that most commonly occur as a result of multiple sclerosis.
2. Will be introduced to various coping strategies that help to minimize the cognitive symptoms of MS.

Dr. Jennifer Rodgers is a clinical psychologist at the University of Alberta Hospital and Clinical Professor at the University of Alberta. She is actively involved with the National MS Society - Caregivers Advisory Group, the Jayman AB MS Project, the Alberta MS Drug Review Panel, and the Clinical Ethics Committee for Alberta Health Services.

Dr. Rodgers has been working with individuals with MS since 1985. She served on the Board of Directors at the Edmonton Chapter level and the Alberta Division level for 10 years. Her research interests and public talks focus on educating individuals with MS and family members on the cognitive and emotional changes that can occur as a result of the diagnosis. Her work in counseling individuals affected by the diagnosis of MS is always with the goal of helping them live well with MS.