COGMED
Working Memory Training

2016 Cogmed Pricing

Cogmed Packages	# Usage(s)	Expiration	Price
Site License with Implementation Support	unlimited	12 months	$8,000
Site License Renewal	unlimited	12 months	$5,500
Implementation Support	n/a	12 months	$2,500
Research Site License with Implementation Support (requires approved research study)	unlimited	12 months	$5,000
10 usages (includes web-based training for 2 staff)	10	12 months	$1,850
5 usages (includes web-based training for 1 staff)	5	12 months	$1,250
1 usage	1	n/a	$350
Web-based staff training (per person)			$300

Educators, psychologists, occupational therapists, speech-language pathologists and other Allied Health Care professionals are eligible to become Qualified Cogmed Coaches. The Cogmed program has demonstrated sustained and measurable effects in education and health care due to the support and motivation of these coaches who help Cogmed Trainees stay on track, make the most of their training, and support users through its completion. There are two easy steps to get started or renew your package:

1. Select a Cogmed Package that suits your school/district or practice needs:

Site License with Implementation Support
Unlimited usage of Cogmed Working Memory Training™ program, on-site training for up to 30 staff members, and 1 year of Implementation Support.
Ideal for schools/districts, hospitals, or facilities with over 30 trainees.

Research Package with Implementation Support
Unlimited usage of Cogmed Working Memory Training™ program, on-site training for up to 30 staff members, and 1 year of Implementation Support.
Ideal for approved research studies.

Site License Renewal
Renew access to unlimited usage of the Cogmed Working Memory Training™ program.
Ideal for large implementations in schools/districts, hospitals, or facilities with previously-trained Cogmed staff.

Single-Usage
One usage of the Cogmed Working Memory Training™ program.
Ideal for first-time Coaches, private practice, rehab settings, fee-based programs or on an as-needed basis.

Volume Packages
Packages of 5 or 10 usages.
Ideal for schools or practices with a select group of students/clients using the program.

2. Ensure you have sufficient training and/or implementation support:

Training:
To promote success with implementing Cogmed, new Coaches require training to learn the Cogmed program, its coaching methodology, as well as data analysis/interpretation. Please ensure the package you have selected meets your needs.

Implementation Support:
Ideal for large implementations, Implementation Support includes customized on-site training for up to 30 staff members, and ongoing support to drive best practices.

01/2016

Cogmed Working Memory Training™

- Do you or someone you know struggle because of **poor working memory**?
- Are they easily **distracted** and have trouble completing tasks or following instructions?
- Do they struggle particularly with **attention** concerns?
- Are they failing to meet their **goals** despite motivation and hard work?
- **Poor working memory** could be part of the problem. *Cogmed is your answer!*

What is Cogmed?

An evidence-based intervention for improving working memory:

- Rigorous, web-based training using a PC, laptop or tablet at home or at a designated facility
- Supported by a Cogmed Coach who leads the training, tracks results, and gives support and motivation
- Programs adjust complexity level for each exercise, in real time, for maximized training effect
- 25-40 training sessions of 15-50 minutes each, done over 5-10 weeks (trainee/family sets the training schedule with the Cogmed Coach, with plenty of flexibility)
- Cogmed can work in conjunction with medications, behavioural therapies or other remedial interventions
- **Coaching Centre** gives all trainees and coaches online access to training results and progress status
- **Cogmed Extension Training** allows the trainee to further sharpen the developed capacity and to verify how the results hold over time

Working Memory Training Benefits

Working Memory
Working memory is the ability to keep information in your mind for a short time, focus on a task, and remember what to do next. We use our working memory constantly in our daily life—helping us to perform efficiently and effectively in academic, professional and social settings. It is critical for focusing, appropriately shutting out distractions, and for complex thinking.

Studies consistently show that problems with attention and learning are often caused by poor working memory.

Training Working Memory
Cogmed's Working Memory Training intervention is shown in controlled research to improve working memory capacity. For trainees who complete the Cogmed program, this improved capacity generalizes to improved attention, behaviour, impulse control and daily functioning.

8 out of 10 trainees who complete Cogmed training show measurable effects.

Children - Research and clinical data show improved grades following Cogmed training. Parents and teachers also report improved social skills, taking initiative, remembering instructions, and completing assignments more independently.

Adults - Training working memory, can help to stay focused, ignore distractions, plan next steps, remember instructions, and start and finish tasks.

www.cogmed.ca

Cogmed Training Programs
Cogmed Working Memory Training is built around three easy-to-use, age-ability specific online training programs:

Cogmed JM
Younger children use their working memory for a number of things, such as focusing on and following instructions, and remaining seated to complete independent activities.

Cogmed RM
Working memory is crucial for children and adolescents in school and socially. Reading, solving math problems, planning, and following a conversation all rely on working memory.

Cogmed QM
Working memory in adult and professional life is critical for challenges such as planning, focusing, resisting distraction, and meeting deadlines.