



About Bancroft NeuroRehab

Bancroft NeuroRehab is a premier provider of neurorehabilitation services in the region, helping individuals reclaim their lives following a brain injury or other neurological condition. At each of our three New Jersey locations, an expert team of clinicians works to build on each client's success toward the most independent life possible.

Let us help you rebound, recover and reconnect.

All Bancroft NeuroRehab programs are accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF), an international, nonprofit evaluator of consistent quality and effectiveness of health and human services.



What is Cognitive Rehabilitation Therapy (CRT)?

Cognitive Rehabilitation Therapy (CRT) is a term used to describe evidence-based treatments that address the thinking problems that can develop after an injury or neurological change to the brain.

These difficulties frequently involve memory, attention, social behavior, safety/judgment, and planning and carrying out future actions. They can affect a person's ability to be successful at home, at work, or in school.

Treatment is focused on helping the person relearn the cognitive skills that have been affected by their injury or illness. If skills cannot be relearned, then new strategies are developed to enable the person to compensate for their cognitive weaknesses. Environmental modifications and assistive technology are often incorporated into compensatory strategies.

Please note: Cognitive Rehabilitation Therapy (CRT) is different than Cognitive Behavioral Therapy (CBT), a treatment approach for emotional and psychiatric problems.

Who Can Benefit from Cognitive Rehabilitation Therapy?

A person whose neurological condition is affecting their ability to complete tasks to a level that interferes with their everyday functioning may be a candidate for CRT to help improve or prevent further loss of cognitive functioning and promote wellness.

Diagnoses include, but are not limited to:

- Traumatic Brain Injury
- Concussion
- Anoxic or Hypoxic Brain Injury
- ADD and ADHD
- Alzheimer's
- Stroke
- Dementia
- Mild Cognitive Impairment
- Parkinson's Disease
- Multiple Sclerosis

What is the Treatment Process?

CRT is highly individualized to address each person's specific situation. Interventions are tailored to help the person be as successful as possible in the management of their daily routines and responsibilities in the home, community, workplace or school. The cognitive therapist will work with the patient and family to set clear, specific goals in the first session.

Individual sessions may include:

- **Education** about cognitive strengths and weaknesses
- **Process Training**, or direct retraining of the individual components of cognitive skills
- **Strategy Training**, or the use of internal and external strategies to compensate for the problem
- **Functional Activities** where skills gained by process and/or strategy training are applied in real-life situations, during sessions that may take place in the home, community, work or school setting
- **Family/Support System Involvement** to support the individual in their treatment activities and share their insights

Who Provides Cognitive Rehabilitation Therapy?

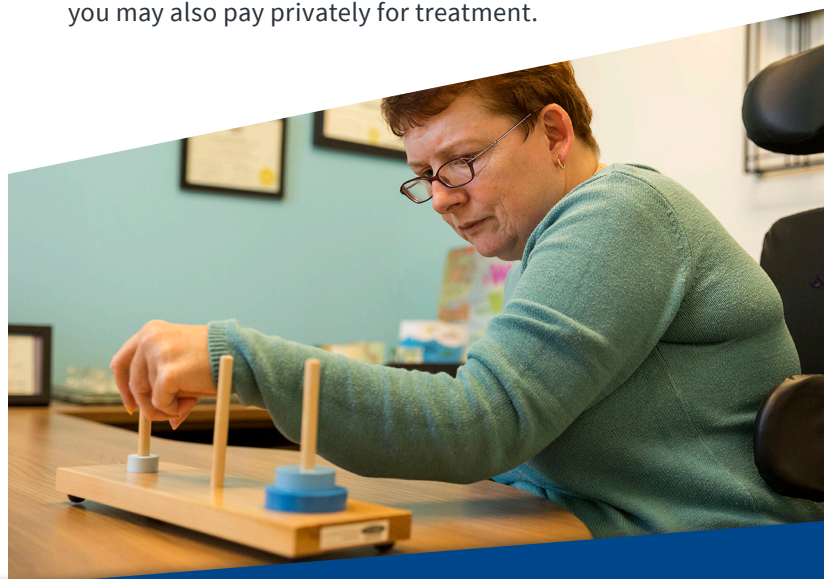
Many different types of professionals deliver Cognitive Rehabilitation Therapy. These providers are typically credentialed and licensed by their professional state boards.

At Bancroft NeuroRehab, CRT may be provided by:

- Neuropsychologists
- Speech Language Therapists
- Occupational Therapists
- Physical Therapists
- Social Workers
- Vocational Rehabilitation Counselors
- Special Educators

Funding Solutions

Payment for Cognitive Rehabilitation Therapy depends on each individual's situation. Coverage by private health insurance varies by diagnosis and insurance carrier. If there is no identified funder, you may also pay privately for treatment.



Outpatient Center Locations

MT. LAUREL

Resnick Center, 3900 Church Road
Mt. Laurel, NJ 08054

PLAINSBORO

666 Plainsboro Road, Suite 2000-C
Plainsboro, NJ 08536

TOMS RIVER

1433 Hooper Avenue, Suite 131
Toms River, NJ 08753



Bancroft NeuroRehab is a division of Bancroft, a 138-year-old provider of services to people with neurological conditions.

bancroftneurorehab.org • 844-234-8387

