

Attorney with Mild Cognitive Impairment (MCI)

Maria, an immigration attorney, has become increasingly forgetful over the past year. Her spouse, Gabriel, and their three children encouraged her to see a neurologist, who has recently diagnosed her with a mild cognitive impairment. Maria is experiencing significant anxiety about her cognitive difficulties and her ability to continue working. When Maria and Gabriel meet with their Cognitive Ambassador for the first time, they are relieved to find an expert who listens, empathizes and helps to illuminate a holistic path forward.

Maria's primary goal is to continue working as an attorney. Maria and her Ambassador organize a spreadsheet of her work responsibilities and determine which areas are impacted by her memory difficulties. Her Ambassador recommends an experienced occupational therapist that is covered by her insurance. Working as a team, they discuss a range of strategies and compensatory tools to help Maria complete these tasks more independently and accurately. They work over video conference to modify the environment in Maria's office, using organizational strategies and visual memory supports.

Maria's Ambassador also works with her to develop a list of work tasks that can be partially delegated to her paralegal and administrative assistive, to reduce workload. Maria constantly refers to her Personalized Resource Page to refer to her cognitive plan: a comprehensive list of memory strategies and recommended resources, along with videos to reinforce discussions from her Ambassador meetings.

Maria's Ambassador identifies holistic interventions to relieve anxiety and stress. They practice using a meditation app on her phone, which

reminds her to complete breathing exercises multiple times a day. They work as a team to develop a weekly exercise routine and set reminders on her phone. They identify meaningful activities that Maria has abandoned, and work with Gabriel to integrate these activities back into her weekly routine.

Maria used to find comfort in her Catholic faith but has stopped engaging in most religious activities over the past few years. After identifying this as an area of loss, her Ambassador helps her develop a plan to reengage in her faith. They set alerts on her phone to pray the Rosary each day. They also have a virtual meeting with her children and arrange to attend Mass as a family each Sunday. Maria cooks for her family after Mass each week and teaches her grandchildren Guatemalan recipes passed down from her grandmother.

Because Maria is still experiencing significant levels of anxiety at work, her Ambassador recommends a psychologist who specializes in working with individuals experiencing cognitive deficits. After several months of counseling sessions, in combination with reengaging in meaningful religious and family activities, Maria doesn't feel nearly as anxious; rather, she feels confident about her ability to manage her stress and compensate for her mild memory difficulties at work.

Maria continues to work with her Ambassador several times a month, despite her busy schedule. She enjoys the flexibility in scheduling her sessions and the ability to consult with a trusted professional as needed. They continue to work as a team to address new challenges that arise in the work and home environments.