



SESSION MATERIALS: Alternating Attention Tasks – Circling Letters #3

Instructions: Circle the letter “t” in the written passage below, as many times as it occurs:

HOME PROGRAM: List of 50 Cognitive High-Level/Complex Tasks, #1

Practicing tasks that address goals need to be conducted every day for positive outcomes. Patients performing home programs each day — allow for daily work toward goals.

Instructions: Caregivers should encourage one of these activities a day in order to encourage daily cognitive stimulation. Please try a different task each day.

1. Plan a meal— writing down planning details
2. Write a short story, and recall the details 1 hour later
3. Take 10 objects in the room and order them alphabetically, then order them by usefulness/frequency of use and then order them by cost/value
4. Clip out ads and coupons from the newspaper and organize/sequence them in different ways (value, usefulness of products, dates of future expiration)
5. Play complex card games, such as Gin Rummy, Poker
6. Research all of the garage sales in the area and plot the quickest route to drive to each in a pattern
7. Think of all of the recipes that could be made with the start of one item (such as chicken, noodles, ground beef, parmesan cheese, etc.)
8. Research the most common dog breed in the area and project the average price of this dog breed with official papers
9. Make a list of all of the cities and countries that have been visited and categorize them (alphabetical order vs. big/little/medium-sized cities vs. enjoyable cities/non-enjoyable cities, etc.)
10. Make a list of the indigenous trees in the area and rapidly recall them without cues
11. Look up houses in the area that are for sale and print out the data, and organize them by size of homes, prices, sizes of homes, square footage
12. Try to recall and put into order the first 5 memories of life
13. List the current sport of the season and the recent events from games viewed
14. Try to recall and put into order the last 5 significant memories
15. Research to build mastery on a known subject (go to a fair on your hobby, learn how others are performing mastery in the area of interest, meet an expert in the field)
16. Learn about a new hobby that is complex in nature
17. Look at a map and identify the states, then think of the capitals
18. Contribute/volunteer for organizations that are of interest
19. Perform a pros and cons list on decisions to make (positives of doing the task — along with negatives, and positives of not performing the task — along with the negatives)
20. Create a detailed list of things to do for the day and tackle them, one by one

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21. Memorize a poem, phrase, or speech — and recall it one hour later
22. Create and update a budget
23. Think of new inventions that would help people in the world
24. Research a cause and find a way to contribute in a unique way
25. Research if there is a cause or organization for an interest that is not popularly considered
26. Utilize free online computer cognitive games, such as FitBrains, Brain Workshop, Elevate.
27. Debate philosophical views in politics
28. Make up some dance steps and recall them/perform then in rapid order
29. Plan a trip to New York and what routes would be needed from a map
30. Organize a project for each day to tackle around the house (organize the sock drawer, plan out and label the placement and order of all items in a kitchen, etc.)
31. Research on searches for flights the least expensive time of the year to travel
32. Draw layouts for 5 possible reorganizations of furniture in the same room, and choose the best one
33. List a pros and cons of how technology has impacted the world
34. Think of ways to perform complex tasks more efficiently
35. Make a bucket list and take steps toward achieving these tasks
36. Research the best vehicle for different types of people
37. Debate views on religion
38. Create a schedule for cleaning various parts of the home on a 20-minute a day schedule — to clean the entire home in a two-week period
39. Make a list of family heirlooms and write out the story and history of each one
40. At the grocery store, look for the least price on a number of items (cans of soup, boxes of macaroni and cheese, boxes of cookies, etc.)
41. Write lyrics to a new song
42. Make a list of the last ten dinners in the home
43. Start from 100 and continue to count down by 6s
44. Start at the letter A, and go through the alphabet if three added letters, going through the line, then cycle through the alphabet again
45. Inventory all of the paintings and portraits in the home, ranking the value and length of time in the family
46. Look up a famous person and make a list of facts about the famous person and rapidly recall these one hour later
47. Research and make a summary of old/archaic laws of the area
48. List out 10 common words and write a faux news story with the words and other, added words
49. Figure up 7% interest on a 200,000 home for one year
50. Research recipes from scratch and create a unique one — in viewing trends in how to bake a common recipe from scratch