

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

DATE: _____



Nice Speech Lady

HOME PROGRAM: Following Simple Directions, #2

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 are too set a time aside each day, for about 10 minutes at least, in order to allow the patient to practice following simple directions. Ask them one at a time, and provide visual help to cue the patient to follow the direction -- if they have difficulty after the first attempt.

“Let’s follow some directions.”

- | | | |
|--------------------------------------|----|-----------------------|
| • Frown | -- | Point to your foot |
| • Look behind you | -- | Touch your shoulders |
| • Stretch out your arms | -- | Salute |
| • Show me your pinky finger | -- | Shrug your shoulders |
| • Run your fingers through your hair | -- | Show me your teeth |
| • Blink your eyes | -- | Show me your hands |
| • Clap your hands | -- | Show me your cheeks |
| • Slap your knee | -- | Make a funny face |
| • Laugh | -- | Do a thumbs-up |
| • Smile | -- | Make a jealous face |
| • Shake my hand | -- | Cough |
| • Shake your head | -- | Pucker your lips |
| • Show me your shirt | -- | Tap my arm |
| • Kick your leg | -- | Scratch your arm |
| • Smack your lips | -- | Touch your ear |
| • Shake your wrists | -- | Pop your tongue |
| • Touch your hair | -- | Stick out your tongue |
| • Close your eyes | -- | Look at the ceiling |
| • Make a fish gesture | -- | Show me your nails |
| • Wink | -- | Look at the ceiling |
| • Make a fist | -- | Show me your nails |
| • Show me three fingers | -- | Swim with your arms |
| • Make a funny noise | -- | Yawn |
| • Give me a high five | -- | Point to the floor |
| • Cock you head | -- | Puff out your cheeks |