

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

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____



HOME PROGRAM: Following Simple Directions, #3

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.”

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|-------------------------------|----|----------------------------|
| • Shake your head “no” | -- | Touch your lips |
| • Point at me | -- | Wave at me |
| • Pop your tongue | -- | Nod your head |
| • Point at the ceiling | -- | Show me your two fingers |
| • Raise your hand | -- | Click your tongue |
| • Stick out your tongue | -- | Show me your thumbs |
| • Dance in the chair (or bed) | -- | Tap your feet |
| • Make a thumbs-up | -- | Raise a finger |
| • Clasp your hands | -- | Shake my hand |
| • Try to sneeze | -- | Open your mouth |
| • Tap on your head | -- | Show me the chair (or bed) |
| • Make the peace sign | -- | Point at yourself |
| • Rub your arm | -- | Touch your elbow |
| • Blink your eyes | -- | Stick out your tongue |
| • Lift your foot | -- | Tap your head |
| • Touch your shoulder | -- | Show me your foot |
| • Raise your arm | -- | Nod you head “yes” |
| • Show me your wrist | -- | Tip your head up |
| • Point to the floor | -- | Show me your shirt |
| • Shake your head | -- | Touch your eyebrow |
| • Touch your ear | -- | Make a surprised look |
| • Look at the ceiling | -- | Touch your face |
| • Touch your nose | -- | Cough |
| • Touch your chest | -- | Swallow |
| • Cock your head | -- | Take a deep breath |