

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, #5

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.”

- | | | |
|-------------------------------|----|------------------------|
| • Show me two fingers | -- | Scratch your face |
| • Touch your stomach | -- | Wink |
| • Make a surprised look | -- | Tap your fingers |
| • Raise your foot | -- | Rub your stomach |
| • Point to yourself | -- | Pop your tongue |
| • Blow a kiss | -- | Raise your face |
| • Touch your nose | -- | Tap your fingers |
| • Stick out your tongue | -- | Nod your head |
| • Dance in the chair (or bed) | -- | Touch your face |
| • Scratch your knee | -- | Point to the floor |
| • Look at your feet | -- | Show me your neck |
| • Pucker you lips | -- | Yawn |
| • Hug yourself | -- | Raise both hands |
| • Show me your palm | -- | Blink your eyes |
| • Touch your side | -- | Smile |
| • Raise your eyebrows | -- | Stick out your tongue |
| • Make a fist | -- | Smack your lips |
| • Touch your ear | -- | Tilt your head |
| • Bow your head | -- | Show me your thumb |
| • Close your eyes | -- | Give me a high five |
| • Raise your shoulders | -- | Point to your forehead |
| • Touch your hair | -- | Open your mouth |
| • Show me your teeth | -- | Flap your hands |
| • Raise your arms | -- | Touch your chin |
| • Touch your back | -- | Shake your hands |