

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

SPEECH PATHOLOGIST: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

DATE: \_\_\_\_\_



### **HOME PROGRAM: List of 50 Simple/Procedural Cognitive 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. Sort items (colors of objects, size of objects, poker chips, coins, etc.)
2. String items (beads, oat cereal, etc.) to make a necklace or wall decoration
3. Spend time with an animal other than a familiar pet for pet therapy
4. Sing familiar songs, such as Christmas carols, “Happy Birthday,” and other favorites
5. Paint a picture
6. Clip coupons
7. Toss a ball
8. Count trading cards
9. Meditate on a pleasant thought
10. Plant seeds
11. Go to a greenhouse and comment on the plants
12. Take a walk
13. Smell a collection of perfume
14. Sort then put silverware away
15. Eat a picnic outside and remember past picnics
16. List favorite songs from the past
17. Assisting with cooking tasks that are simple — using a rolling pin during baking, throwing trash away
18. Perform the task: “What’s in the bag?” — patient feels items in a bag and guesses the item based upon touch alone
19. Assist with cleaning the home (sweeping, vacuuming, spraying fabric refresher, etc.)
20. Read through the want ads
21. Draw pictures of landscapes
22. Make homemade ice cream
23. Go to a trade show

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24. Draw flowers
25. Listen to music (old favorites, new music) and ask the patient to describe the music
26. Fill up a bird feeder with seeds
27. Pick weeds
28. Make a simple scrapbook
29. Look at books that have pictures about different cultures
30. List food they would like to eat
31. View items at a thrift store
32. Paint nails with nail polish
33. Color an adult color book
34. Caregivers could bring out objects or list subjects that can bring up old memories — have reminiscence discussions
35. Smelling candles
36. Look through old yearbooks
37. Dust
38. Water flowers
39. Wipe the kitchen table
40. Ask someone about their family
41. Call and talk to a friend on the phone
42. Clean jewelry
43. Answer orientation questions, basic
44. Comb someone's hair
45. Be a passenger in a car for a drive for just viewing nature
46. Go the fabric store and describe observations about different partners
47. Pick flowers
48. Fold laundry
49. Read aloud
50. Think of restaurants for eating-out