

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

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

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



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

### **HOME PROGRAM: List of 50 Cognitive Moderate-in-Complexity 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.

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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. Assisting with cooking tasks (help with making brownies)
2. Work on “Seek-a-Words”
3. Look through pages of a clothing catalog, circling items that are of interest
4. Play a simple card game (Go Fish, War, etc.)
5. Create a book from magazine, newspaper clippings
6. Shape different forms from clay
7. List all of the cities or countries that the patient would like to go to
8. Go to a grocery store and write down items with similar characteristics (things that are green, things for baking, items with banana in them, etc.)
9. Organize, with supervision, a medicine cabinet
10. Follow directions/exercise a new low-level exercise video
11. Talks about helpful inventions from the past
12. Learn new makeup or handyman techniques
13. Organize a silverware drawer
14. Think of ways to perform simple tasks more efficiently
15. Play a game where each person tries to make the other person laugh
16. Play a card matching game
17. Organize items in a kitchen
18. Wash/dry a car
19. Write a poem
20. Make homemade drinks/lemonade
21. Create a drawing of the flag and decorate it
22. Alphabetize books in a shelf
23. Organize items in a sock drawer
24. Go through time tables

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25. Organize cards in a deck from low numbers to high numbers, organized in each suit
26. Smell candles, take them away, and try to match the candle with the smell
27. Play an adult-modified "I Spy" game
28. Create "thank you" cards from scratch
29. Make a family tree
30. View family photographs, listing relationships to the patient
31. Arrange a closet with help for like items in various areas
32. Organize a spice cabinet
33. Learn how to fix someone's hair (simple braids, etc.)
34. Make a list of favorite movies and organize them into different categories (drama/comedy/romance vs. short movies/long movies, etc.)
35. Learn a new hobby
36. Organize items in a hope chest
37. Think about favorite childhood book
38. Play dominoes
39. Organize items in a bathroom
40. Think back to first days of school
41. Organize items in a shed and take non-wanted items to shelters
42. Perform rapid naming of items in categories (furniture, fruit, car models, hobbies, occupations, etc.)
43. Trace pictures from a magazine onto another page
44. Research prices of different computer models
45. Make up a new card game
46. Call up an old friend and reminisce
47. Organize towels in the towel closet, lightest to darkest colors
48. Clip out newspaper articles and circle all of the words that contain a target letter, such as "e" or "t," etc.
49. Create plans to rearrange furniture in a more efficient manner
50. Keep a dream journal and journal about thoughts about past dreams