



SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

DATE: _____

SESSION MATERIALS- Fodder for Ideas for Spaced Retrieval/Paired Physical Tasks

There is evidence in the research for pairing physical tasks with the content that is being recalled in spaced retrieval tasks.

Below are example scripts that could be utilized for this purpose, along with accompanying research references.

Best practice is to individualize a spaced retrieval question/answer/physical task for a patient-specific need and to fulfill a solution to a problem that exists.

Sample Spaced Retrieval Question:	“What footwear is required for you for walking?”
Sample Spaced Retrieval Answer:	“Tennis shoes.”
Physical Task:	Cue the patient to: Find, tennis shoes then don/doff them.
Sample Spaced Retrieval Question:	“What do you do to a wheelchair for safety -- before you stand up?”
Sample Spaced Retrieval Answer:	“Lock the wheelchair brakes.”
Physical Task:	Cue the patient to: Lock wheelchair brakes.
Sample Spaced Retrieval Question:	“What are you required to use when you walk, for safety?”
Sample Spaced Retrieval Answer:	“A cane.”
Physical Task:	Cue the patient to: Find their cane and briefly walk with it.
Sample Spaced Retrieval Question:	“Where do you keep your coat?”
Sample Spaced Retrieval Answer:	“In the closet in the front room.”
Physical Task:	Cue the patient to: Open the closet door, put on their coat.
Sample Spaced Retrieval Question:	“What do you need to remember to do after you swallow each food bite?”
Sample Spaced Retrieval Answer:	“Take a drink.”
Physical Task:	Cue the patient to: Take a bite (chew/swallow), then take a drink.
Sample Spaced Retrieval Question:	“What is the preferred setting for the thermostat?”
Sample Spaced Retrieval Answer:	“70 degrees.”
Physical Task:	Cue the patient to: go to the thermostat and reset the setting to 70°.
Sample Spaced Retrieval Question:	“What is important for you to do once you get out of bed?”
Sample Spaced Retrieval Answer:	“Make up the bed.”
Physical Task:	Cue the patient to: role play getting up out of bed in the morning, then making up the bed.



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SESSION MATERIALS- Fodder for Ideas for Spaced Retrieval/Paired Physical Tasks (page 2)

- Sample Spaced Retrieval Question: "Once you have completed your time at the toilet, what do you do?"
Sample Spaced Retrieval Answer: "Use the call light in the bathroom."
Physical Task: Cue the patient to: Go into the restroom, utilize the bathroom call light.
- Sample Spaced Retrieval Question: "What is important for steadying yourself when taking the stairs?"
Sample Spaced Retrieval Answer: "Keep hands on the rails."
Physical Task: Cue the patient to: Place hands on rails while taking the stairs.
- Sample Spaced Retrieval Question: "What is important for safety when getting in/out of the bathtub/shower?"
Sample Spaced Retrieval Answer: "Holding onto the grab bars."
Physical Task: Cue the patient to: Place hands on grab bars in/out of bathtub/shower.
- Sample Spaced Retrieval Question: When you see unopened mail on your desk, what is the next step to do?
Sample Spaced Retrieval Answer: "Open it and see what is inside."
Physical Task: Cue the patient to: open unopened mail that is given to the patient.
- Sample Spaced Retrieval Question: "After you set the time on the microwave, what button do you press?"
Sample Spaced Retrieval Answer: "The 'Start' Button."
Physical Task: Cue the patient to: press the "Start" Button after setting microwave time.
- Sample Spaced Retrieval Question: "Which arm will you use to put on your shirt first?"
Sample Spaced Retrieval Answer: "The right/left (whichever is the affected side) side, first."
Physical Task: Cue the patient to: Practice putting their affected side in first when donning a shirt.
- Sample Spaced Retrieval Question: "What is important for you to perform on Sundays?"
Sample Spaced Retrieval Answer: Housecleaning, such as dusting."
Physical Task: Cue the patient to: dust tables, after pointing to day Sunday on a calendar.
- Sample Spaced Retrieval Question: "Where does your family desire you to place used briefs?"
Sample Spaced Retrieval Answer: "In the trash can in the central part of the house."
Physical Task: Cue the patient to: simulate a small sac to include a "brief" to be placed in the central location trash receptacle.
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SLP-chosen for you, from the Nicespeechlady.com library



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References

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