

Home Exercise Program - Cognition / Memory

Visual, Auditory, and Tactile Supports

- Calendar* - Track appointments and special occasions on a monthly calendar (reminder: be sure to cross the days off as they pass to keep current with the date)
- Notes* - Use a notebook to take notes of important information (ex. when going to the doctor's office or taking a message from a phone call)
- Whiteboard* - Write daily notes on a whiteboard as a visual reminder (ex. Mary is at the store and will be back around 3pm)
- Signs* - Place signs where appropriate as reminders (ex. don't forget your walker)
- Alarms* - Set alarms to remind you when to complete specific tasks (ex. set alarms at 9am, 12pm, and 5pm daily as a reminder to take medications)

Smart Devices - Smart devices such as Alexa, Google Home, etc. can be set to remind you of

- certain tasks that need to be performed on certain days/times (ex. Alexa, remind me everyday at 9am to take my morning pills / Google, remind me on Monday at 11am that I have an appointment with the doctor at 2pm)

- Memory Clock* - Consider a memory clock (can be found at Walmart or on Amazon), which is a digital clock that provides digital time, time of day, day of week, month, year, and date

- Stickers* - Use textured/color coded/picture stickers to help better identify buttons (ex. buttons on the microwave, remote, or telephone)

- Labels* - Label drawers and/or cabinets to help locate specific items (labels can be text or images)

- Journaling* - Write and maintain a daily journal. Each day, write the date, current location, and activities completed for the day. You may choose to do this throughout the day so you do not forget details or you may choose to do this at the end of the day.

- Medication Dispensers* - Consider automatic/timed/locked/alarmed medication dispensers (there are many different brands and options available on the market -- this will take some research on your part to identify the best option for your needs and budget)

- To-Do List* - Create a daily to-do list with times and activities listed out to help keep you on task and remember what activities require attention for that day (you can use alarms to help keep you on task as well)

- Written Instructions* - In the event that there is a procedure that needs to be followed, it may be beneficial to explicitly write out all of the steps involved in completing the task in the order of completion (ex. how to transfer from a wheelchair to walker)

Daily Exercises and Activities:

- Spend at least 30 minutes daily engaged in light physical exercise
- Spend ____ minutes ____ x daily engaged in cognitively stimulating activities (see back)
- Spend ____ minutes ____ x daily participating in the spaced retrieval technique (see back)

Examples of Cognitively Stimulating Activities:

Word finds, matching games, memory games, card games, board games, coloring, color or paint by number, reading, writing, sorting coins, putting dishes away, sorting laundry, household chores (cooking, laundry, gardening--can be watering plants), balancing a checkbook, creating a shopping list, find the differences in images, mazes, reminiscing with use of music or photos, conversations about current events, phone calls, discussing a show recently watched, scheduling appointments, managing medications, organization of information in a planner or calendar, writing and mailing a letter, etc.

Spaced Retrieval Steps:

- Choose your target/goal (ex. remember how to perform a certain action)
- Ask a question to elicit the target response (ex. how do you perform this action?)
- If the answer is unknown, tell or who the answer and have them repeat it back.
- Ask again in 15 seconds. If unable to recall, give the answer and have them repeat it. Try again in another 15 seconds.
 - When the answer is given correctly, double the time interval (15 seconds, 30 seconds, 1 minute, 2 minutes, 4 minutes, 8 minutes, etc.) and ask the question again. Repeat this step each time the answer is given correctly. Fill delay time with conversation or exercises.
- If the answer is incorrect, provide the correct answer and ask the question again at the last time interval that was correct.

Additional Reminders:

- Journals, notebooks, calendars, etc. should be kept in one specific location. Do not relocate items around the home as this can lead to misplacement. If each object has its own designated location, you are more likely to remember to use it and less likely to misplace it.
- Stick to a routine. Keeping a daily routine can help you to stay organized, perform activities that need to be completed, and stay active. Routine (procedural) memory is typically the last type of memory to escape us, so keeping a routine can be highly beneficial.
- It is best to allow your loved one to attempt to generate their own responses. If they are stuck you can assist through providing hints or cues but try to give them the space to self-generate the accurate response (ex. how do you stand to use your walker? what is the first thing you do? where do you put your hands? where should your feet be? etc.)

This is an extensive list of recommendations to try. You are not expected to perform ALL of these tasks. Work with your clinician and loved ones to identify the strategies and exercises that fit with your life and needs.

Clinician's Signature and Title: _____

Clinician's Name: _____ Date: _____