

BRAIN HEALTH & MEMORY WORKSHEET

Visit your community or senior center to see what programs are available to you and your family.

Ask your healthcare provider for a referral to an occupational, recreational, art, music or physical therapist to help you get started with recommendations listed below.

Devote a calendar to scheduling these activities. Pace yourself and have fun.

Increase physical activity:

- ☐ Get a physical therapy consult to develop the best and safest exercise program for you.
- ☐ Exercise or do calisthenics five times a week. Use a personal trainer if you need help sticking with your routine.
- ☐ Don't do it alone: Involve your family, a buddy, walk in the park, go to exercise or yoga class.
- ☐ Yoga and t'ai chi give extra benefits of relaxation and improves balance.
- ☐ Dance and music add fun, joy and allow creative expression.

Flex your 'Thinking Muscles':

- ☐ Read or listen to documentaries, books on tape.
- ☐ Do mind teasers such as video games or puzzles.
- ☐ Play cards: bridge, poker, even solitaire.

Engage socially:

- ☐ Attend support groups.

Combine social benefits with that of exercise, creativity and fun by:

- ☐ Taking a painting or arts class, acting class, dancing class.
- ☐ Attending a poetry or book group.
- ☐ Joining a coffee hour, movie night or making your own get together.

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The following table lists specific functions, activities or games that build on these functions:

COGNITIVE FUNCTION	MAINTENANCE STRATEGIES
Language	Reading, poetry, audiobooks
Visual Scanning	Jigsaw puzzles, drawing, painting and crafts
Multitasking	Any complex task
Planning	Card games, strategy games such as bridge, poker
Problem Solving	Strategy games
Memory	Jigsaw puzzles
Coordination	Games, jigsaw puzzles, constructional games
Speech	Reading aloud, singing and attending social groups can help maintain speech
Calculation	Games requiring calculation skills