



## A-Z of Activities

### Cognitive stimulation

'Cognitive' refers to memory, problem solving and logical thought processes. You need to regularly use these skills to keep them. You can use lots of different activities but the key is to pitch them at the correct level for individual residents.

*See the checklist for cognitive stimulation activities*

What the activity can do for the residents	What do you need?	What to be aware of
<p><b>Movement</b> – sitting and positioning, dexterity and coordination.</p> <p><b>Sensory</b> – touching, seeing, hearing.</p> <p><b>Emotional</b> – team working, competition, sense of achievement.</p> <p><b>Cognitive</b> – concentration, use of language, logical thought, memory and orientation, making choices.</p> <p><b>Social</b> – communication, interaction, prompting conversation, having fun.</p>	<p><b>Facilities</b> Is it an individual or group activity?</p> <p>What equipment do you need and what is the best space to do the activity in?</p> <p><b>Staff/skills</b> You need to be able to speak clearly and to give simple instructions.</p> <p>If doing a quiz – make sure you have the answers to hand!</p>	<p>Be aware if a resident has poor literacy or numeracy skills to avoid embarrassing them.</p> <p>It is important to 'match' the residents' abilities to the skills required for the activity, so as to provide the right degree of challenge.</p> <p>An activity that is far too difficult can cause frustration, and something too simple is boring and can be demeaning.</p>



## A-Z of Activities



### Cognitive activities

- **Word and number games:** Crosswords, hangman, target, make as many words from one word, word search, sudoku.
- **App games:** Played on tablets or mobile devices.
- **Word chains:** Pick a subject, for example, countries. List as many as possible but each must start with the last letter of the previous one (France, Egypt, Turkey, and so on).
- **Quizzes:** Related to a theme, general knowledge, specialist topic (for example, film stars, sporting events), finish the saying or proverb, reminiscence quizzes, match the pairs, what does the abbreviation stand for?
- **Card games:** Snap, patience, Uno, whist. It might help to use large faced playing cards or a card stand.
- **Table games:** Dominoes, draughts, chess, Chinese chequers, scrabble, Monopoly and jigsaws. Use larger versions if necessary.
- **Debates and discussions:** Use newspapers and television news to discuss current affairs and debate issues.
- **Adapt television programmes:** 'What's My Line', 'Countdown', 'Mastermind', 'Twenty Questions', 'Who Wants to be a Millionaire?' 'The Weakest Link'.
- **Stimulate the senses:** 'Smelly' quiz or 'Feely' quiz – identifying objects by smell or feel alone, identify famous voices or familiar sounds.
- **Memory games:** 'Kim's game' (lay several items onto a tray. Name each item, making sure that residents have seen and heard. Remove or cover the tray and ask residents to remember the items.) '*I went to market and I bought ...*' Each participant says '*I went to the market and I bought ...*' stating an item plus all the items that previous players have named. The goal is to remember all the items in the correct order.
- **Ball throwing:** and calling out people's names in a group.
- **Computers:** Surfing the net, and email or Skype to enable residents to keep in touch with relatives and friends. Reminiscence software, touch screen applications or tablets.
- **Bingo:** Use large-faced cards and easy-to-grip counters. Select appropriate prizes.