

The following ideas will help you or your loved one continue their recovery. One or more of the following conditions are not uncommon following a brain injury. Suggestions are also given for using leisure activities to help improve each.

Physical Impairments

- **Speech/Language/Cognition** –Encourage independence with communication and self-advocacy in the community.
 - Games: Outburst, Scattergories, Catch Phrase, Taboo
 - Other Examples: ordering food, locating items in a store.
- **Paralysis/Lack of coordination** – Encourage use of affected body parts when participating in activities.
 - Examples: crafts, cards, games, exercise, video games, Wii, swimming, Yoga
- **Fine Motor Skills** –
 - Examples: Writing/Typing
 - Board games such as Jenga
 - Crochet
- **Vision** – Remember to bring your glasses or other assistive technology equipment that may assist.
 - Examples: Large print cards/Books
 - Books on Tape

Cognitive Impairments

- **Concentration/Attention** –Try to minimize distractions such as noise and visual stimuli which can take your attention away from the task at hand.
 - Examples: Games such as checkers, chess, and cards; Puzzles
- **Short Term Memory** – recall and carryover of instructions for games and new learning, daily events/activities, safety awareness.
 - Examples: Orientation – Read Newspapers to find out date, weather, sports, and current news events.
- **Long Term Memory** – Reminisce using old photos or other personal memorabilia. Ask questions about people, events, etc.
- **Sequencing** – Organization of thoughts, ideas, and instructions.
 - Examples: Cooking tasks, grocery shopping, and community planning
 - Games: Sequence, Solitaire, UNO.
- **Reading Skills** – Read menus and news articles out loud to have others evaluate accuracy.



Behavioral/Emotional Changes

- **Fatigue** – Allow rest periods between activities. Try not to do too much too soon.
- **Anxiety** – Relaxation techniques, stress management, and coping skills.
 - Examples: Calming music, yoga, exercise, friends/family time, outdoors.
- **Self-esteem** – Try to participate in activities that allow for success. You may need to modify an activity if it is too difficult. For example, simplify the rules of an activity.
- **Depression** – Fill up your schedule with old and new leisure interests to prevent isolation.

Remember, Leisure should be FUN! It can be used to work on deficits, but one is more likely to participate if it is enjoyable.

Information received from <http://caregiver-information.com>

Additional Comments: