



Normal

MCI (Mild Cognitive Impairment) Teepa Snow GEMs® Sapphire, Diamond

- **Links for Free Apps**

- **Word Crossy:** <https://apps.apple.com/us/app/word-crossy-a-crossword-game/id1273162445>
- **Mind Games:** <https://apps.apple.com/us/app/mind-games-brain-training/id860325400>
- **Lumosity:**
https://www.lumosity.com/landing_pages/970?gclid=EAIaIQobChMIuJ_q2Zuz6AIVgYCFCh3CFAWYEAAYASAAEgJWl_D_BwE
- **AARP:** <https://games.aarp.org>
- **Online Games:** <https://games.sixtyandme.com/>

- **Activities**

- **Ted Talks with Activities:** <https://www.ted.com/talks>
 - Ask questions related to topic, have resident listen and respond to list of questions
- **Read/Watch:** A news story, magazine article, etc.
 - Ask resident questions about the stories
- **Work:** Puzzles, word finds, crosswords, etc.

- **Memory Aids**

- **Calendars:** Review date, upcoming events/holidays, document activities from the day before
- **Lists:** Create daily schedule, needed items, etc.
 - Go over the lists with resident, ask follow-up questions as appropriate

- **Memory Activities**

- **Matching Activities:** Memory game with a deck of cards-use more or less, depending on cognitive ability
- **Categorization:** Grouping similar objects, grouping by function, etc.
- **Math Problems:**
 - Including counting forward and backward
 - Subtracting from 100 by 7's
 - Math word problems
- **Naming:**
 - Have resident name as many animals as they can think of, etc.

MCI (Mild Cognitive Impairment)

Moderate Impairment: Teepa Snow GEMs® Diamond, Emerald

- **ADL's**
 - **Give bits of information:** "Today is Monday, March 23rd."
 - Ask for recall, "what is today?"
 - Break down or add to complexity depending on cognitive abilities
 - **Read/Watch:** A news story, magazine article, etc.
 - Ask resident questions about article
 - **Sing:** A familiar song/recite a poem/prayer with resident during tasks
 - **Sequence Task:** As resident is completing/you are assisting - for dressing lower body, "first we put our right leg into pant leg"; "next we put our Left leg into pant leg".... etc.
- **Activities**
 - **Read/Watch:** A news story, magazine article, etc.
 - Ask resident questions about article
 - **Work:** Puzzles, word finds, crosswords, etc.
- **Memory Aids**
 - **Calendars:** Review date, upcoming events/holidays, document activities from the day before
 - **Lists:** Create daily schedule, needed items, etc. Go over with resident, ask follow-up questions as appropriate
- **Memory Activities**
 - **Spaced Retrieval:** Tell resident something they need/want to remember. Repeat the information and then immediately ask them to repeat it. "My name is Jennifer; what is my name?". As success is achieved you can space out questions. You must always ask the question in the exact same way-do not paraphrase, etc. So, every time you will ask "What is my name?"
 - **Matching Activities:**
 - Memory game with a deck of cards-use more or less, depending on cognitive ability
 - Matching objects
 - **Categorization:**
 - Grouping similar objects, grouping by function, color, size, etc.
 - **Math Problems:**
 - Including counting forward and backward
 - Subtracting from 100 by 7's
 - Math word problems
 - **Naming:**
 - Have resident name as many animals as they can think of, etc.
 - Have resident tell you how three items are similar/different
- **Reminiscing Activities:**
 - **Showing/Sharing:**
 - Pictures, items and having resident tell you about them
 - Sharing favorite recipes
 - Favorite sports event
 - Most memorable life events

Moderate-Severe Cognitive Impairment

Teepa Snow GEMs® Emerald, Amber, Ruby

- **Memory Activities**
 - **Spaced Retrieval:** Tell resident something they need/want to remember. Repeat the information and then immediately ask them to repeat it. “My name is Jennifer; what is my name? As success is achieved you can space out questions. You must always ask the question in the exact same way-do not paraphrase, etc. So, every time you will ask, "What is my name?"
 - **Matching Activities:** Using limited number of options
 - **Automatic Tasks:**
 - Reciting ABC’s, days of week, months of year
- **Activities**
 - **Puzzles**
 - **Books**
- **Reminiscing Activities**
 - **Showing/Sharing:**
 - Pictures, items and having resident tell you about them
 - Ask simple short questions
- **Providing Choices:**
 - Do you want X or Y?
 - Ask yes/no questions
- **Procedural Memory Tasks:**
 - Folding clothes
 - Sorting socks/silverware/nuts and bolts/tools
 - Taking care of babies
 - Tinkering with tools/nuts and bolts

Severe Cognitive Impairment

Teepa Snow GEMs® Pearl

- **Activities**
 - Active Assist/Passive ROM
 - Music, singing
 - Touch, repetitive motions, hand massage, etc.
 - Pet therapy
 - Stuffed toys
 - Sensory items: textures, smells, sounds