



Quick List of Therapy Tasks

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Therapy Ideas

COMPREHENSION

- **PURPOSE OF TASKS:** To improve *concrete/basic* OR *abstract/complex* auditory comprehension skills for improved functional communication.

TASK IDEAS:

auditory discrimination,
following 1-3 step commands
ID objects by name, function or other descriptive features
yes/no questions regarding immediate environment and daily events
listen to sentence → paragraph length stories and newspaper articles w/ comprehension questions
listening for critical information related to medical condition, daily routines or patient-care

EXPRESSION

- **PURPOSE OF TASKS:** To improve *concrete/basic* OR *abstract/complex* verbal expression & word retrieval skills for improved functional communication.

TASK IDEAS:

confrontational naming of familiar objects
verbal repetition @ word, phrase and sentence levels
phrase or sentence completion
automatic/rote speech tasks (#1-20, DOW, MOY, Pledge of Allegiance)
responsive naming
word finding and response elaboration training during barrier tasks
object description with semantic feature analysis/semantic mapping
VNeST (Verb Network Strengthening Treatment)
responding to open-ended questions
conversational-based reminiscence
picture description tasks to ^ phrase length and encourage sentence expansion,
formulate sentences using given words and with predetermined # of words to ^ utterance length
story retell tasks
script training
role-play tasks (restaurant menu task, ordering a pizza, requesting pain meds, etc.)
divergent naming
descriptive barrier tasks

ATTENTION

Sustained Attention

- **PURPOSE OF TASKS:** To encourage sustained focus during activities of daily living for improved safety and attention to communicative interactions

TASK IDEAS:

any functional ADL or structured task for pre-determined length of time and with pre-determined # of redirects/ cues for attention
card sort tasks
card games: n-back, Linguistics cards for Cognition, Attention & Retell games
visual cancellation tasks
letter lists – raise hand to specific letter
attention to ___ conversational turns without cues for maintenance

Alternating Attention

- **PURPOSE OF TASKS:** To improve ability to shift attention between multiple tasks for improved mental flexibility and attention shifting during ADLs and communicative interactions

TASK IDEAS:

alternate between 2 tasks (verbal/visual)
choose 2 successful tasks for patient and have them alternate between the two at pre-determined or random time intervals

Divided Attention

- **PURPOSE OF TASKS:** To encourage ability to multitask between 2 simultaneous tasks to improve divided attention during ADLs and communicative interactions

TASK IDEAS:

divide between 2 tasks - pair a verbal and motor-based task and have patient complete simultaneously (example: making a pot of coffee while holding a conversation, listening to weather report while completing a crossword, etc.)

THOUGHT ORGANIZATION

- **PURPOSE OF TASKS:** To improve visual and verbal organization (grouping and ordering components) for ADLs and during communicative interactions

TASK IDEAS:

convergent categorization
divergent thinking & brainstorming
sequencing letters, numbers and sentences
sequencing ADLs
sequencing ADLs in photos
sequencing family tree (if family member present to assist)
sequencing newspaper stories
sequencing historical events (crusades, civil war, great depression Vietnam, 911, etc.)
sort pictures and/or words by category
category inclusion/exclusion

REASONING/ PROBLEM SOLVING

- **PURPOSE OF TASKS:** To improve ability to verbally strategize for solutions, execute and then evaluate results of those solutions. To improve decision making and judgment for safety in home environment

TASK IDEAS:

word deduction
similarities & differences to compare & contrast decisions
List visual and verbal absurdities
following conditional written directions
divergent thinking tasks: [reasoning tasks with multiple possibilities]
listing possible solutions to or causes of problems
predicting outcomes & consequences of hypothetical problems
listing multiple definitions for a word
divergent categorization
categorizing lists into subgroups

semantic feature analysis
breaking down an ADL task into smaller parts
word extraction [listing smaller words from a larger one] (ex. Rehabilitation : read, eat, ton)

convergent thinking tasks: [reasoning tasks with a single correct or highly plausible answer]

what would happen if...?
ID solution to problem
category exclusion
analogies
category & first letter grids
crossword puzzles
unscrambling words
ID of verbal and visual absurdities
inferencing

functional/ numerical tasks:

checkbook and check writing tasks
basic bill & coin calculation
math word problems
coupons tasks (grouping, calculate sales, compare cheaper vs. higher quality)
locate and calculate sales in newspaper
clock tasks
time word problems
medication management tasks (sort, ID medication sort errors, list current meds & purpose)
calendar tasks (ID upcoming holidays, calculate time to discharge or from admit, orientation)

EXECUTIVE FUNCTIONING

- **PURPOSE OF TASKS:** To demonstrate improved planning, initiation, self-awareness, goal-setting and self-monitoring for safety and problem-solving

TASK IDEAS:

Self Awareness- identify tasks that are easy or difficult for him/her

Goal setting - Have the patient predict how they WILL perform on a given task, and then assess how they DID perform afterward (scale of 1-10 or percentage)

Planning- given an everyday routine, patient indicates what items are needed and the order of events

Organizing

verbalizing an organized story

organizing photos to demonstrate sequence of events and then narrate task

visually organize/sequence ADL tasks on paper- including materials needed, the steps to accomplish the task and a rough time frame

Self-initiating- without prompting from clinician patient will begin assigned tasks, initiate work on plans and carry them out

Self-monitoring & self evaluating- identify errors in patient's work without clinician assistance – then create a plan for better task execution. Discuss strategies to improve performance

MEMORY

- **PURPOSE OF TASKS:** To improve encoding, storage & retrieval of new information, decreasing demands on episodic and working memory with external aids and priming, and training use of compensatory internal memory strategies (for appropriate populations/cognitive stages only)

Immediate Memory

TASK IDEAS:

Demonstrate immediate recall of 1-7 units of new information (as appropriate)

- word & digit list recall
- grocery list recall,
- grandchildren & great-grandchildren's names
- staff members names
- medication names
- daily therapy schedule recall
- picture scene detail recall
- matching games
- sentence length recall
- 1-3+ step verbal directions

Orientation

TASK IDEAS:

- orientation sheets in memory book
- calendar orientation tasks
- route finding through facility to key locations
- spaced retrieval for orientation concepts
- map reading for region, county, city, distance of facility to home, distance from closest family member's home, distance from church, etc. (Google Maps)
- map reading for current location to childhood home (Google Maps)

Short Term Memory (for appropriate populations/stages only)

TASK IDEAS: TASKS COMPLETED WITH USE OF TRAINED INTERNAL/EXTERNAL STRATEGIES:

- current situation / reason for hospitalization
- staff members names and purpose
- therapy schedule
- telephone message recall
- conversation recall (mock conversations with doctor, nurse, spouse, etc. and have patient summarize key points)
- word & digit list recall
- grocery list recall
- ADL object or picture list recall
- picture scene detail recall
- sentence length recall
- multi-sentence length verbal message recall
- paragraph length recall
- newspaper article or video with main idea recall (5 W's), short→ lengthy picture stories