Quick List of Therapy Tasks
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, Linguisystems 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
unscreaming words
ID of verbal and visual absurdities
inferencing

**functional/ numerical tasks:**
checkbook and check writing tasks
basic bill & coin calculation
math word problems
couponing 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 then it 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