

Cognitive Balance:

“Can You Walk and Chew Gum at the Same Time?”

Presented by

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And

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The Masterpiece Living Lifestyle Reviews at Holly Creek from 2013-2015 indicated that the two biggest concerns of residents were fear of falling and fear of cognitive decline.

The frontal lobe is the command center of the brain.

It is responsible for many things including the following:

- ✓ Problem solving, Planning and Organization, Decision Making
- ✓ Initiation and Motivation - getting us started, keeping us going, keeping us up to speed
- ✓ Responding to what's around us, organizing how we react to our environment.
- ✓ Proprioception - Awareness of our physical body in space.



Normal Frontal Lobe



Beth's Frontal Lobe



Patrick's Frontal Lobe

U.S.S. Enterprise

Let's Try It

Cognitive Balance Class

Results

Resident	6/16/2015 Baseline			7/23/2015 End Results			Time Difference		
	8 Foot Up and Go	Trail Making Test	Dual Task	8 Foot Up and Go	Trail Making Test	Dual Task	8ft UaG	TMT	DT
1	9.1sec	1min. 5sec	10.59sec	8.22sec	29.94sec	9.5sec	-0.88	-35.1	-1.09
2	8.6sec	1min. 8sec	9.75sec	8.52sec	32.77sec	10.82sec	-0.08	-35.2	1.07
3	8.3sec	1min. 2sec	9.42sec	8sec	52.3sec	8.44sec	-0.3	-9.69	-0.98
4*	13.22sec	59sec	24.59sec	11.66sec	54.72sec	14.6sec	-1.56	-4.28	-9.99
5*	12.96sec	52sec	24sec	13.78sec	27.68sec	13.9sec	0.82	-24.3	-10.1
6	9.4sec	35sec	8.64sec	DNF					
7	9.9sec	47.28sec	10.59sec	DNF					
8	6.47sec	28.7sec	8.5sec	6.31sec	27.62sec	7.07sec	-0.16	-1.08	-1.43
9	7.46sec	Low Vision- Did not Attempt	9.82sec	6.85sec	n/a	9.6sec	-0.61	n/a	-0.22

Holly Creek

*Note: The two residents with walkers did the entire class and post test without their walkers.