

iPads to Paper and Pencil: Many, Many Ideas and Ready-to-Use Resources for Cognitive Stimulation Programs

Dr. Rob Winningham,
Professor of Psychology & Gerontology
Western Oregon University



Computer Based Cognitive Stimulation Led to Significant Improvements

- Lee et al., (2013) published a paper in PLOS ONE describing the results of an 8 week (24 session) computer training intervention group relative to a waitlist control group. Significant improvements observed in:
 - Immediate memory
 - Attention
 - Visual spatial memory

A Multimodal Approach May Be Best

- Nishiguchi et al. (2015) reported that a 12-week program that combined physical and cognitive exercise yielded not only improvements in executive functioning performance (e.g., attention) but also led to more efficient brain activity (in the pre-frontal cortex) as measured by fMRI.

How can a program be implemented?

- Group-based vs. individual
- Paper and pencil
- Computer options
 - Web based
 - Kiosk or large monitor interface (e.g., Linked Senior)
 - Tablet interface

Cognitive Enhancement Activities

- Use a wide variety of activities
- Three to six minutes per activity
- Focus on **executive functioning** (i.e., attention, concentration and inhibition) in order to maximize generalization to untrained activities and activities of daily living

You Have Access to Hundreds of Ready-to-Print Activities

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The Purple Cow
I never saw a purple cow,
I never hope to see one,
But I can tell you, anyhow
I'd rather see than be one.
--Gelett Burgess

[Poetry Exercises](#)



Sudoku #1

37	34	10	38	5	
40	3		1	25	39
15	42	26	13	31	41
	22	12		44	45

Then Choose Category of Activities

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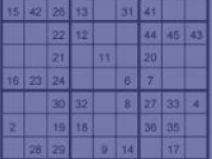
Then Choose Category of Activities


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[Spatial Exercises](#)


[Sudoku Puzzles](#)


"I have no idea why he did that."
[Theory of Mind Exercises](#)


A big black bug bit a
big black bear,
made the big black
bear blood blood.
[Tongue Twisters](#)


[Touch Exercises](#)


[Word Generation Exercises](#)

Categories of Resources













- Dr. Rob's Science Articles for Residents
- Executive Functioning and Attention Exercises
- Facts of the Day
- Homework Exercises
- Poetry Exercises
- Social Exercises
- Spatial Exercises
- Sudoku Puzzles
- Theory of Mind Puzzles
- Tongue Twisters
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- Word Generation Exercises

Dr. Rob's Science Articles for Residents

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 <p>Dr. Rob's Cognitive Connections Logos</p>	 <p>Dr. Rob's Science Articles for Residents</p>	 <p>Executive Functioning and Attention</p>
<p> Issue 1, Maximizing Memory Ability in Older Adulthood</p> <p> Issue 2, Sleep and Memory</p> <p> Issue 3, You Can Get an Excellent Brain Workout with an iPad</p> <p> Issue 4, What is the Difference Between Dementia and Alzheimer's Disease</p> <p> Issue 5, Is Alcohol Good or Bad For Our Brains and Memory</p> <p> Issue 6, Is Dementia on the Rise?</p> <p> Issue 7, Talking to a Friend Each Day May Keep the Doctor Away</p> <p> Issue 8, Why Do We Forget Names?</p> <p> Issue 9, Don't Stress About It</p>		

Sample Article Layout (they come in .doc format)



Dr. Rob's Science Connection -- Enhancing Brain Health

Is Alcohol Good or Bad for Our Brains and Memory?

Issue 5

Is alcohol good or bad for our brains and memory? *It depends.* It largely depends on how much one drinks, genetics, and maybe even gender. There is evidence that one to two drinks a day can have a protective effect on the brain, in terms of a reduced likelihood of developing dementia or having a stroke (strokes can lead to vascular dementia, which is the second most common type of dementia, after Alzheimer's). In a widely publicized study known as the Rotterdam Study, researchers followed thousands of older adults and found a significant decrease in their chance of getting dementia if they consumed a small amount of alcohol most days relative to people who almost never drink, but the risk of dementia increased for heavier drinkers. In a 2009 study¹, researchers combined the data from many published studies and reported a 25%-28% reduction in dementia relative to abstainers. The beneficial effects of alcohol may come from reducing inflammation, increasing HDL cholesterol, and increases insulin sensitivity. ^{1, 2} Alcohol, particularly red wine, is also high in antioxidants, which could increase the longevity of our cells.

But, like many drugs, there are always risks that need to be weighed relative to possible benefits. And, it is important to note that currently there isn't compelling evidence that starting to drink after years of abstaining is going to have beneficial effects. Particularly worrisome, is the fact that heavy alcohol consumption can even cause cognitive impairment. For example, Wernicke-

Executive Functioning and Attention

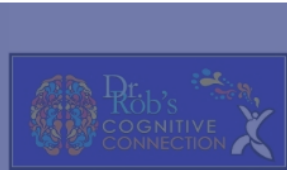
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Search resources...

SEARCH RESOURCES

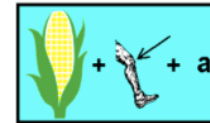
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Dr. Rob's Cognitive Connections Logos



Dr. Rob's Science Articles for Residents



Executive Functioning and Attention

- ▶ [Alphabetization](#)
- ▶ [Anagrams](#)
- ▶ [Buzz](#)
- ▶ [Creative Brainstorming](#)
- ▶ [Hieroglyphics](#)
- ▶ [Letter Symbol Activities](#)
- ▶ [Mind Benders](#)
- ▶ [Newspaper Activity](#)
- ▶ [One-Letter Puzzles](#)
- ▶ [Ping Pang Pong](#)
- ▶ [Root-o-nyms](#)

Executive Functioning and Attention

- ▶ *Hieroglyphics*
- ▶ *Letter Symbol Activities*
- ▶ *Mind Benders*
- ▶ *Newspaper Activity*
- ▶ *One-Letter Puzzles*
- ▶ *Ping Pong*
- ▶ *Root-o-nyms*
- ▶ *Sentence Inhibition*
- ▶ *Simple Math*
- ▶ *Split Words*
- ▶ *State Fun*
- ▶ *Stroop*
- ▶ *Trail Making*
- ▶ *Trigger Words*

Facts of the Day

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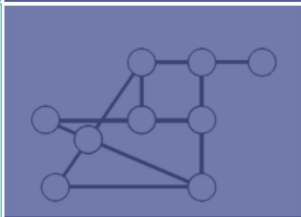
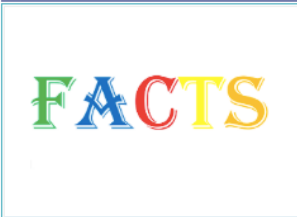
Dr. Rob's Science Articles for Residents



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Executive Functioning and Attention




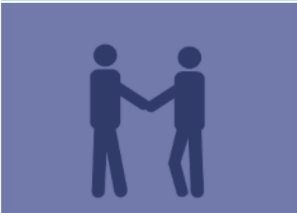
The Purple Cow
I never saw a purple cow,
I never hope to see one,
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Facts of the Day

Homework Exercises

Poetry Exercises

 [Fact of the Day Activity](#)



Social Exercises



Spatial Exercises

Sudoku #1

37	34	10	38	5		
40	3		1	25	38	
15	42	26	13	31	41	
	22	12		44	45	43
	21		11	30		
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2	19	18		36	35	
	28	29	9	14	17	

Sudoku Puzzles




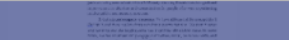
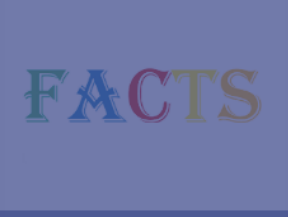
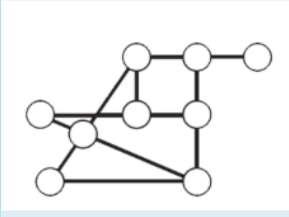
A big black bug bit a











36 Homework Assignments

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 Dr. Rob's Cognitive Connections Logos	 Dr. Rob's Science Articles for Residents	Executive Functioning and Attention
 Facts of the Day	 Homework Exercises	<p><i>The Purple Cow</i> I never saw a purple cow, I never hope to see one, But I can tell you, anyhow I'd rather see than be one. --Gelett Burgess</p> Poetry Exercises

-  [Attendance and Homework Tracking System](#)
-  [Homework 1](#)
-  [Homework 2](#)
-  [Homework 3](#)
-  [Homework 4](#)
-  [Homework 5](#)
-  [Homework 6](#)
-  [Homework 7](#)

Sample Homework



Homework Assignment #2:

Complete the following sequences:

1. 2, 4, 6, 8, 10, 12, ?

- a. 13
- b. 14
- c. 16
- d. 15

2. 1, 3, 6, 10, 15, ?

- a. 17
- b. 20
- c. 21

6. 4, 12, 16, 20, ?, 12, 4

- a. 4
- b. 12
- c. 16
- d. 20

7. A, D, G, J, ?

- a. M
- b. N
- c. O









Poetry

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Social Activities

Log Out




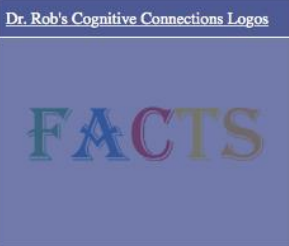
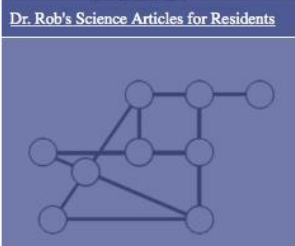
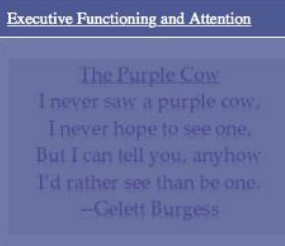
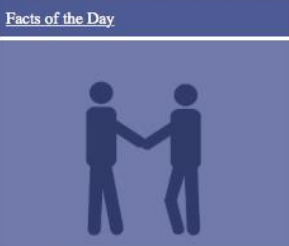

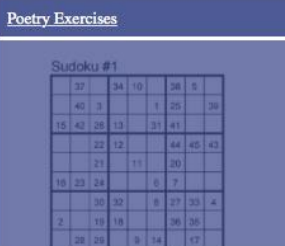
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<p> Social Activity 1</p> <p> Social Activity 2</p> <p> Social Activity 3</p>																																																								

Spatial Exercises

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 Facts of the Day	 Homework Exercises	 Poetry Exercises
 Social Exercises	 Spatial Exercises	 Sudoku Puzzles
<ul style="list-style-type: none">▶ Picture Rotation▶ Shape Rotation▶ Tanagrams		

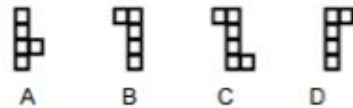
Shape Rotation Example



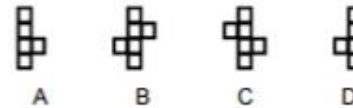
Shape Rotation Activity #1:

Which of the shapes below the line is a **rotated** image of the shape above the line? Mirrored or similar images do not count. Tip: Try to use the process of elimination to narrow down your options.

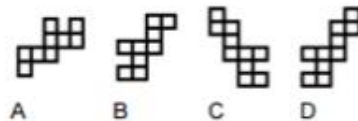
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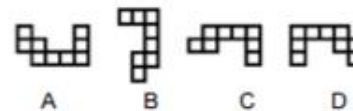
2.



3.



4.

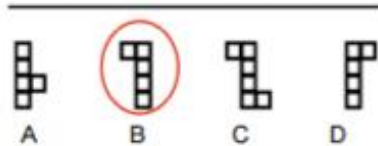


Shape Rotation Example

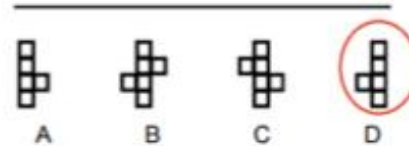


Shape Rotation Activity #1: SOLUTIONS

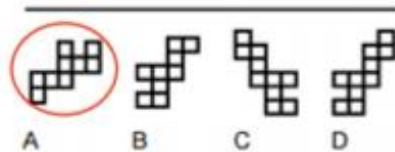
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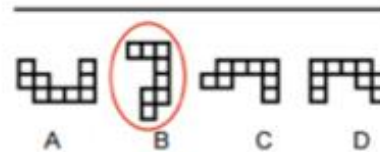
2.



3.



4.



Sudokus

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FACTS



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[Facts of the Day](#)

[Homework Exercises](#)

[Poetry Exercises](#)



[Social Exercises](#)

[Spatial Exercises](#)

Sudoku #1

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16	23	24			6	7		
		30	32		8	27	33	4
2		19	18			36	35	
	28	29		9	14		17	

[Sudoku Puzzles](#)

- ▶ [Difficult Sudoku](#)
- ▶ [Easy Sudoku](#)

Mini Sudokus



Sudoku Activity #12:

Fill in the blank squares so that each row, each column and each 2-by-2 block contains all of the digits 1 thru 4.

		2	
	2		4
		4	
1			

		2	
			4
	3		
1	4		

Mini Sudokus



Sudoku Activity #12: SOLUTIONS

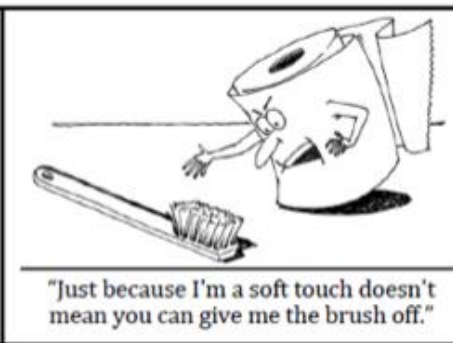
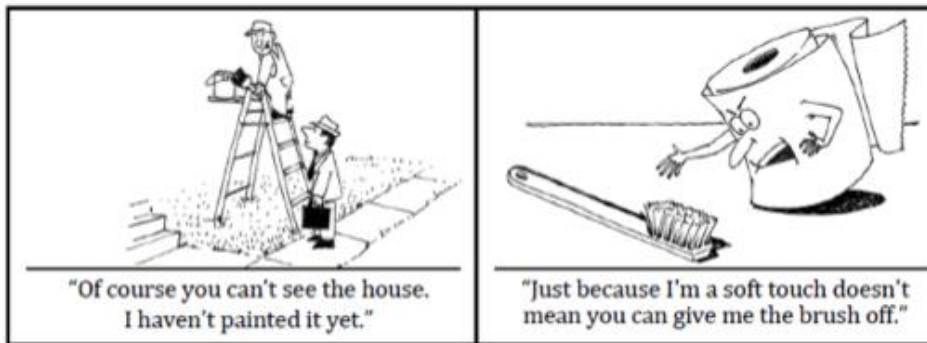
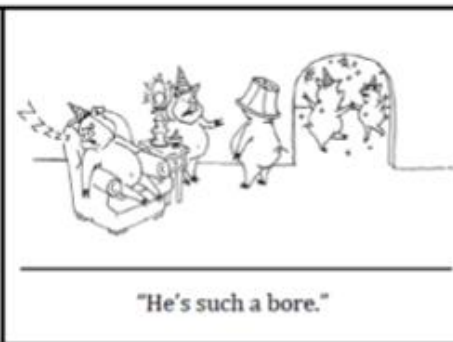
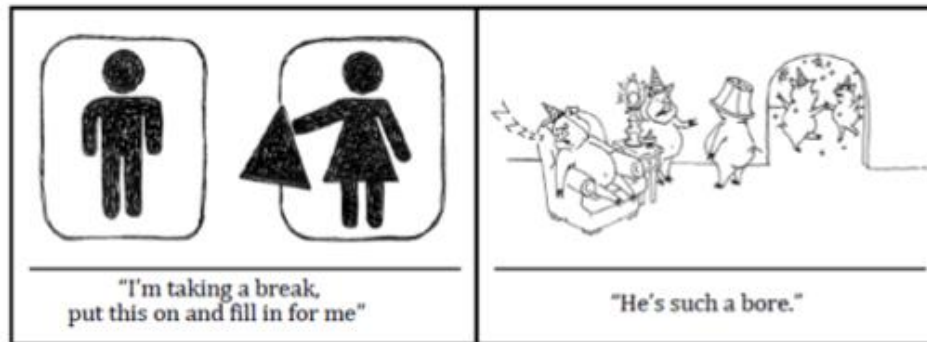
4	1	2	3
3	2	1	4
2	3	4	1
1	4	3	2

4	1	2	3
3	2	1	4
2	3	4	1
1	4	3	2

Theory of Mind

		
<p>Social Exercises</p>	<p>Spatial Exercises</p>	<p>Sudoku Puzzles</p>
 <p>"I have no idea why he did that."</p>	 <p>A big black bug bit a big black bear, made the big black bear bleed blood.</p>	
<p>Theory of Mind Exercises</p>	<p>Tongue Twisters</p>	<p>Touch Exercises</p>
<p> Skit Activity</p> <p>▶ Cartoon Activities</p>		

Theory of Mind: Cartoon Captions



Many Word Generation Activities


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Theory of Mind Exercises

Tongue Twisters

Touch Exercises



Word Generation Exercises

- ▶ [A-Z Activities](#)
- ▶ [Antonyms](#)
- ▶ [Color Generation](#)
- ▶ [Homonyms](#)
- ▶ [Name Generation](#)
- ▶ [Verb Generation](#)
- ▶ [Word Generation](#)
- ▶ [Word Mines](#)



A-Z Activity 4: Male First Names

Fill in the blank using the letter provided as the first letter. Think of male first names for each letter provided.

A _____ N _____

B _____ O _____

C _____ P _____

D _____ Q _____

E _____ R _____

F _____ S _____

G _____ T _____

H _____ U _____

I _____ V _____

J _____ W _____

K _____ X _____

L _____ Y _____

M _____ Z _____



Antonyms Activity #1

Antonyms are words that are opposite. In this activity participants will try to think of a word (or, in some cases words) that have the opposite meaning. The more difficult ones are challenging for most people and may be appropriate to do in a group setting. Many of the given words have multiple antonyms so there may not be "one correct answer."

Write in the word that is the opposite of the word listed:

Example: Big - Small

Up - _____

Hot - _____

Winter - _____

White - _____

On - _____

Over - _____

Loud - _____

Easy - _____

Left - _____



Word Generation Activity #2: Car Types

In this activity participants try to think of as many names as they can of a certain class. Encourage them to use a strategy, which will exercise their executive functioning. You may set a time limit of 60 seconds, 90 seconds, or 2 minutes.

Think of as many car types as you can:

1. 10.

2. 11.

3. 12.

4. 13.

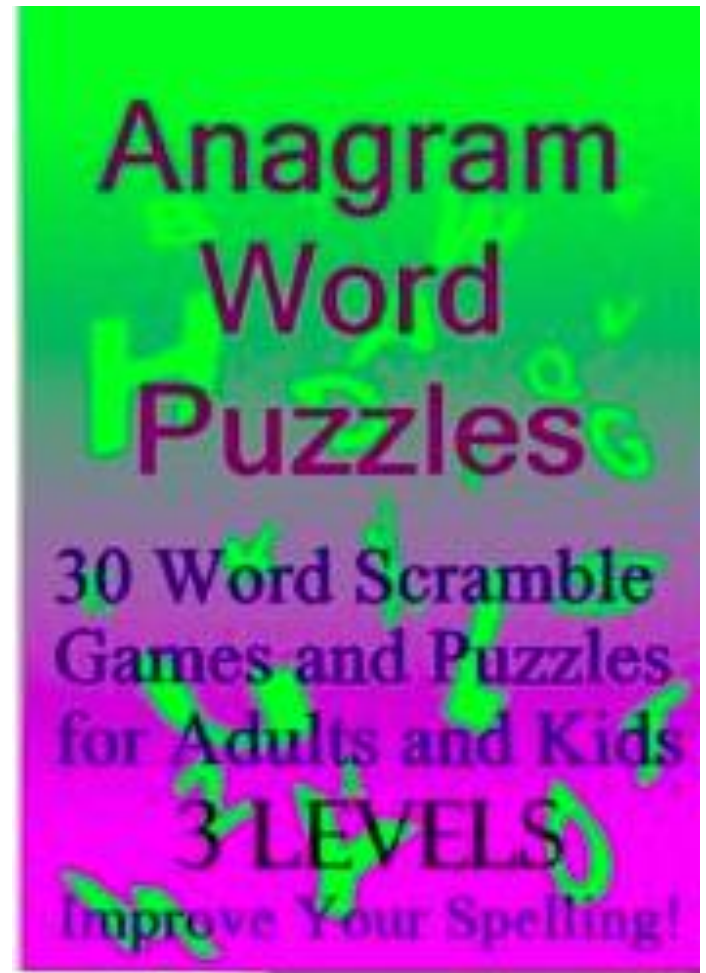
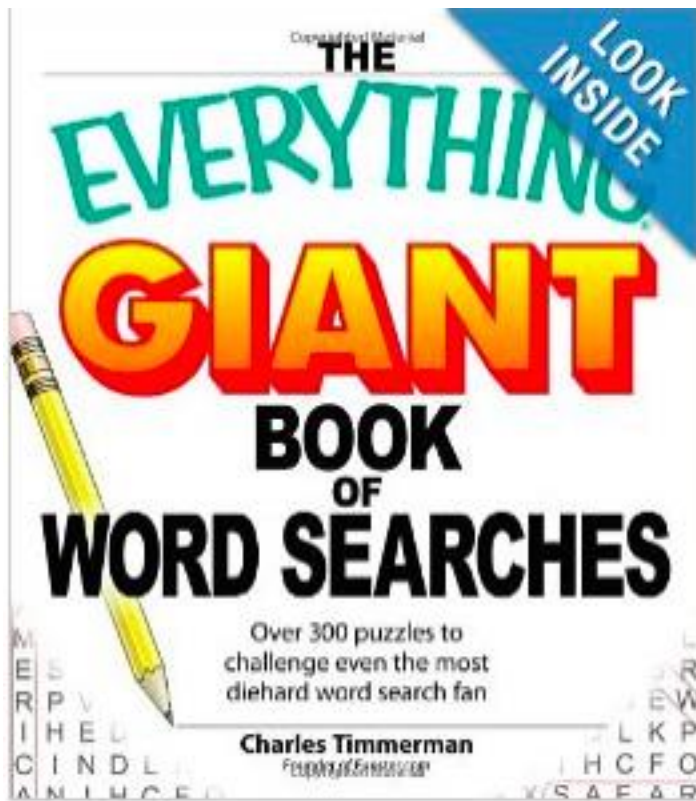
5. 14.

6. 15.

7. 16.

Get these books

- Word searches
- Anagrams



Developing Your Own Geriatric Wellness Program

- Screening?
- Levels?

Using iPads for Cognitive Stimulation



Memory Block

- Some of you might remember this game from the 1970s and 1980s

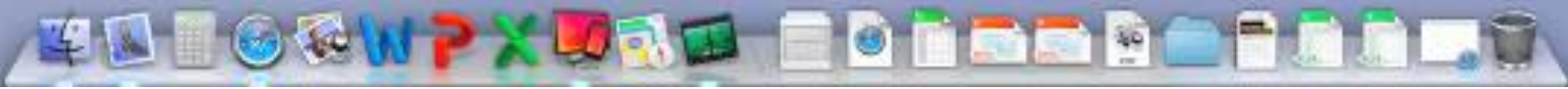


Memory Block

- This game exercises the frontal lobe with a focus on attention and working memory.
- Trying to beat your score make it a little more addicting.

WatchThat

- This game also requires attention and concentration.
- It also has more of a visual memory component.



Word Searches

- Word searches also target executive functioning abilities.
- We can easily find books of word searches
- But, we can also do them on the iPad



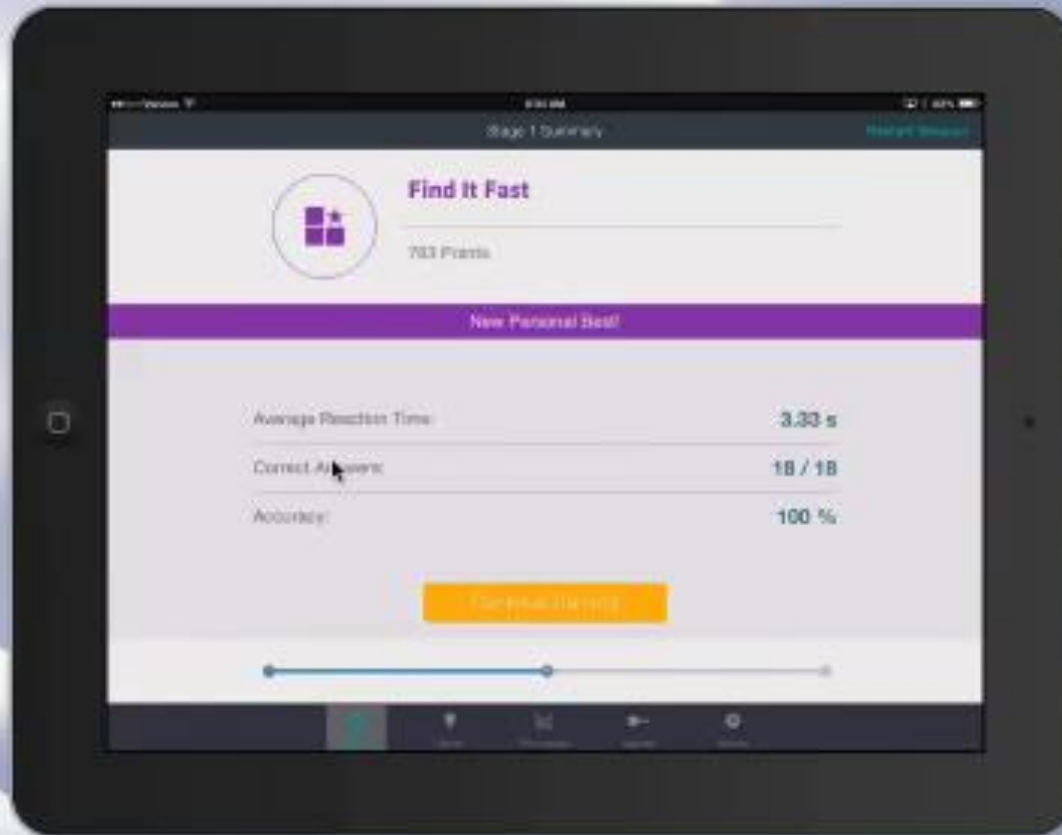
Chain of Thought

- This is a fun word game
- It probably isn't the best cognitive stimulation activity because the answers come to you without a lot of mental manipulation.
- But it is fun and kind of addicting



My Favorite

- Fit Brains is an excellent app with many different programs and a testing program.
- They start easy and get harder if you get them correct.
- This one app could give someone a good cognitive stimulation program.
- The next few demo videos show Fit Brain modules but there are many more.









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Recommended Apps for Cognitive Stimulation

- Fit Brains
- Lumosity
- Tetris
- Sudoku2
- Memory Block
- Stroop Effect
- Visual Attention
- Brain Lab

Recommended Apps for Cognitive Stimulation

- Watch That
- Chain of Thought
- Word Jigsaw
- Word Search+
- Mindfulness Trainer

- Do you have other app ideas?
 - Please post them on the website www.robwinningham.com
 - Under the post titled “*Apps for Cognitive Stimulation*”

How Often Should the Classes Be Offered?

- Independent Older Adults
- Retirement Communities
- Assisted Living
- Skilled Nursing Facilities
- Rehabilitation Hospitals

Bring college students in.

- Contact department chair (e.g., psychology, social sciences, health sciences, occupational therapy, sociology departments).
- Send them a flyer, better yet a stack of flyers to be distributed to faculty boxes
- Have an application and a deadline on the back of the flyer.
- Interview
- Request a two term commitment
- Independent study course credit might be possible

Summary

- Cognitive stimulation can delay the symptoms of dementia
- Cognitive stimulation programs can be done in groups using either paper/pencil or iPads
- Use a wide variety of activities and have a focus on executive functioning (attention, inhibition)



- *Cognitive Connection* website
- ML Clients will get hundreds of ready-to-print cognitive stimulation tools for ***FREE!***
- ML Clients will get access to the Certified Cognitive Stimulation Instructor Program for 50% off normal cost

The Partnership

- Certified Cognitive Stimulation Instructor Program
 - More information at ***www.robwinningham.com***
 - Training is appropriate for just about every staff member



Activity Connection has partnered with Dr. Rob Winingham, a nationally recognized author and expert on the aging brain, to bring you eight groundbreaking videos that will give staff the tools and knowledge to truly maximize residents' quality of life. View each of the eight instructional videos at your own pace and receive a "Certified Cognitive Stimulation Instructor" diploma!

Video Courses and Descriptions



Vol. 1: Use It or Lose It: Evidence and Ideas for Cognitive Stimulation Programs

In this presentation, you will learn about the latest research on the use it or lose it theory and why cognitive stimulation is associated with improved mental

functioning and a decreased chance of developing dementia. In addition, a holistic approach to brain health is introduced. Many practical suggestions for cognitively stimulating activities are presented.



Vol. 2: Memory: Why Do We Forget, How Does Memory Change as We Age?

In this presentation, you will learn how we make new memories, why we forget, and how memory changes as

we age. There is good news, in that some cognitive abilities remain relatively intact and we'll discuss how to take advantage of those in older adults with memory impairment.



Vol. 3: How the Brain Makes Memories, Controls Behavior, and is Related to Many Common Problem Behaviors

In this presentation, you will learn how the various lobes of the brain help control mental processes. In particular the role of attention and concentration (i.e., executive functioning) in the lives of aging adults will be discussed. Also, valuable information about enhancing executive functioning in order to maximize quality of life, in people who already have memory impairment, will be discussed.



Vol. 4: Distinguishing Dementia and Delirium

In this presentation, you will learn about the most common types of dementia and how they differ from delirium. Differences in different types of dementia will be discussed as that knowledge can be used to better help people with dementia. You will also learn basic information about commonly prescribed memory drugs.



Vol. 5: Developing Your Own Cognitive Stimulation Program: The Activities

In this presentation, you will learn how to use many different types of targeted cognitive stimulation activities. You will learn how to exercise executive functioning, word fluency, spatial memory, and other cognitive abilities. This video lecture will better prepare you how to offer a high quality cognitive stimulation program that can be varied to fit a wide range of cognitive abilities.



Vol. 6: Developing Your Own Cognitive Stimulation Program: Best Practices and Motivating People

In this presentation, you will learn important principles to maximize the efficacy of cognitive stimulation and other activity programs. Essential topics such as screening potential participants, challenging more capable participants, size of classes, and frequency of classes will be discussed. You will also learn how to motivate participants to engage in cognitive stimulation programs and other activities. range of cognitive abilities.



Vol. 7: Maximizing Quality of Life: Physical Exercise, Nutrition and Sleep Affect Memory Ability Matter

In this presentation, you will learn how physical exercise, nutrition, and better sleep can maximize cognitive ability and quality of life. You will also learn strategies to motivate people to engage in these positive lifestyle behaviors. Older adults will benefit from your knowledge of these important factors.



Vol. 8: Maximizing Social Support and Social Engagement

In this presentation, you will learn how social support and loneliness are related to mental and physical health outcomes. You will learn many invaluable strategies to maximize social support and engagement among older adults in a variety of environments. These strategies can dramatically improve quality of life for many older adults.

Activity Connection's Website – Thousands of Activities Updated Monthly

You can login to the site free of charge for 30 days by going to:

www.activityconnection.com

- Username: world87
- Password: actcon987

The Partnership

- Certified Cognitive Stimulation Instructor Program
 - ML Clients will have access to these resources and opportunities for 50% of retail prices
 - Available on ML Website



Email rob.winningham@gmail.com if
you want any of these Dr. Rob's
Cranium Crunches

1. A-Z Activity
2. Stroop
3. Trail Making Adaptations
4. Anagrams
5. Verb Activity
6. Cartoon Caption Activity
7. Mental Rotation Activities

Contact Information

Email: rob.winningham@gmail.com

Website: www.robwinningham.com

Additional resources available at:

- *www.activityconnection.com*
- Username: world87
- Password: actcon987
- 30 day trial password

