



# Sinha Clinic

# SKILLS

DESIGNED TO  
IMPROVE MEMORY

## Task 1







































































- Read a short passage for the time it takes to finish.
- Close the book.
- Write as many words that you can recall in 5 minutes.
- Write down the date, time spent reading, and the number of words recalled.
- Start reading for 5 minutes, twice a day for 1 week. Increase to reading 5 minutes, three times a day for 1 week.
- Increase reading to 10 minutes, twice a day for 1 week. Then, increase to 10 minutes, three times a day for 1 week.
- Compare results after 4th week.

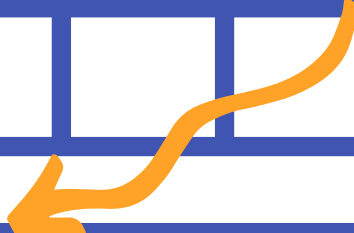




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## Reading Calendar Example

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	 	 	 	 	 	 	 
2	  	  	  	  	  	  	  
3	 	 	 	 	 	 	 
4	  	  	  	  	  	  	  



Compare results at the end of the 4th week to see how many words you remembered.



Keep at it each week and your memory will improve with practice.


 = 5 Minutes, 1 time daily



 = 5 Minutes, 1 time daily




 = 10 Minutes, 1 time daily


 = 10 Minutes, 1 time daily

  = 5 Minutes, 2 times daily

  = 10 Minutes, 2 times daily

   = 5 Minutes, 3 times daily

   = 10 Minutes, 3 times daily



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## Task 2

Create a calendar

**In the calendar, create a visual schedule:**

- Add Monday through Sunday
- Schedule the same sleep and wake-up time
- Create 1 hour blocks of time
- Include the following:
  - 2 leisure activities
  - 2 chores
  - Activities of Daily Living (ADLs)
  - Therapeutic-related activities
  - Exercise
  - Meals each day (breakfast, lunch, dinner &snacks)
  - Medication schedule

**Examples of exercise:** walking, biking, running, yoga, etc.

**Examples of leisure activities:** reading, watching TV, socializing in any form, nap, etc.

**Examples of chores:** loading/unloading dishwasher, maintaining kitchen, vacuuming/dusting, laundry, shopping for groceries and other house maintenance.

**Examples of ADL's:** Showering, dental hygiene, dressing, etc.

**Examples of therapeutic activities:** Cognitive behavioral homework, practice relaxation exercises, etc.

# Weekly Calendar

Date							
Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 00							
30							
8 00							
30							
9 00							
30							
10 00							
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11 00							
30							
12 00							
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