

## This week at the Center:

Groups focused on sequencing. This means vocabulary and communication tasks centered on putting words, tasks and concepts into an order that made sense. Sequencing tasks require a person to understand the task and its component pieces as well as demonstrate cognitive flexibility because there could be (and often is) more than one right way.

## What's right for you?

Finding a language task that is at the right difficulty level and is interesting is the key! Don't get bogged down in where the tasks you pick falls in the task order of complexity. You want practice that is engaging AND at a level that you get a language workout but not so frustrating that you give up! The Intersection is available to everyone at the Center so it covers a wide range of abilities. Pick what works for you today!!

## A word about the name:

The Intersection is where home meets the Center. So many wonder what happens behind closed doors or how do I help at home or are lost as to where to even begin. Check out the Intersection for ways to keep using your language at home and keep moving on your road to recovery.

## Member Portal:

Soon this will be available on our website in the **Member Portal**.

**Password:** survivor

## Auditory Comprehension (Listening):

- Watch a TED talk or a Mr. Bean video or listen to a podcast of your choosing. Re-tell what you heard in order to someone else. Do you know the SCC has a podcast? Find the link on our website!
- Practice listening then retelling the information from a phone message. Try these: <http://esl-lab.com/meet/meetrd1.htm>
- Practice listening to sequences of words and put them in order. This will take a little creativity from a partner. Here are a few examples: tiny, large, medium, gigantic / mother, grandmother, daughter, great grandmother / turtle, dog, horse, cheetah. This could also be written or done with pictures.
- Practice listening to time-related yes / no questions. Again, this takes some work from a partner. Here is an example: Do you eat lunch before breakfast? Is June after August? Is a horse larger than a dog?
- Have someone state a common sequence such as days of the week, months of the year, numbers, or alphabet letters. Listen for errors and indicate when you hear one.

## Verbal Expression (Talking):

- Many of the listening tasks above will also challenge your speech.
- Tell a familiar story. Make sure you tell it in the correct order of events.
- Tell a joke!
- Use pictures from a vacation to verbally sequence a trip and its events
- Explain how to do daily tasks: laundry, make a sandwich, fix a tire, change a lightbulb, load and empty the dishwasher, wash a car, take out the trash.
- Use your speech to state familiar sequences such as 1-10, days of the week, or months of the year. Want a challenge, count by 5s or 10s. Go backwards.

### **Supported Conversation:**

We all need help! Many members at the Center benefit from their conversational partner giving them some help. This means always encourage use of gestures, or use of a communication book, have paper nearby for writing or drawing, and give choices. When you don't understand, say so!

### **Questions or suggestions:**

This is a work in progress! Email me (Melissa) with questions or concerns. I am happy to help!

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### **Multi-modal (speech, gestures, writing)**

- Gesture the steps to a familiar task such as taking a shower, brushing your teeth, getting into or driving a car, making a sandwich.
- Take family pictures and put them in an order that makes sense such as birth order, or when vacations were taken
- Discuss chores to be done this weekend. Write them out or use pictures (google images are great for this) and put them in order to be done. Stroke survivors can help out. Let them pitch in!
- Depending on how ambitious you are, most of these tasks can be changed into picture form. Put familiar tasks that are in picture form into order.
- Use common objects in your home and put them in an order that makes sense. For example: coins / dollar bills/ cups of different sizes / objects you use such as a toothbrush, coffee mug, leash for the dog and robe / items of different weight or value.

### **Functional everyday tasks:**

- Do laundry. This takes sorting and sequencing.
- Do a hobby or complete a craft!
- Go for a walk. Plan it out and follow the route. Maybe create a list of objects to hunt for during the walk or practice walking and talking.
- Make a dish or a meal. Be reasonable about what you decide to make. Recipes might need to be adapted so they are easier to read. Use communication books or pictures to help determine what should be made.
- Plan your day or go wild and plan a trip. Get out maps. Use google maps or a world maps and discuss where you might want to go! Use a local map to show locations to run errands.
- Just about any functional task takes sequencing...bathing, dressing, eating, turning on the TV, using your computer or iPad.