

Introduction

The *Workbook for Language Activities and Cognition 5 (WALC 5)* was developed to increase cognitive skills for higher-level language processes in clients who have had neurological incidents. Your clients should find these language tasks fun and interesting because they come from their own daily experiences.

The activities in the following sections are easily adaptable for a wide variety of adult age groups. Each chapter includes compensatory strategies to help clients achieve success during language remediation and throughout their lives.

- **Orientation**

This section focuses on increasing your client's knowledge and level of awareness of his immediate environment, of the events that led him to his current situation, and of the remote happenings of his past that may have been lost. A client questionnaire is located on page 8 of this section. The questionnaire is an easy way to collect vital information that may be used to individualize each client's therapy.

- **Memory**

This section is a good starting point for clients who have decreased memory and attention skills. You may want to begin therapy by explaining to your clients how important it is to focus their attention and concentration. It is sometimes helpful to equate this type of attention and concentration to the type teachers demand during school years.

- **Organization and Verbal Problem Solving**

These sections deal with everyday living experiences and new problems your clients may face following neurological incidents. Completion of these two sections will help clients who have deficits in these areas become more independent.

- **Abstract Reasoning**

This section can be a very positive portion of the therapeutic process. Clients and caregivers alike will have a strong interest in this area as they are surprised at how often people use abstract reasoning in everyday life. This skill seems to be taken for granted until it is identified as a deficit area for a client.

- **Writing**

Writing tasks are included for clients with higher levels of cognitive functioning. It is quite appropriate for them to begin writing again. Oftentimes, clients have written their own checks and taken care of family business prior to their neurological incidents. They may feel a loss when this activity is taken away from them. It is an empowering experience for clients to take back former responsibilities. This section provides practice writing from a language enrichment perspective as well as a mechanical and visual perception perspective.

WALC 5 has been a vital tool for me in cognitive therapy with the geriatric population. It has livened up therapy sessions and has brought the geriatric population very close to my heart. Hopefully, as you use this manual, you'll learn more about yourself as a clinician and will come to appreciate the unique rewards gained from serving anyone who needs neurological rehabilitation.

Lisa