

# Chapter 1 • Orientation

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This chapter focuses on decreasing your client's confusion following a neurological incident. It has been designed to increase your client's knowledge and level of awareness of those areas that may have been lost, such as:

- his immediate environment
- the events that led him to his current situation
- more remote happenings of his past

The activities in this section are intended to be meaningful, functional, and practical to your client. Therefore, a client questionnaire is included at the beginning of this chapter to be completed by a member of your client's family or a close associate if no family is available. The information you receive on this questionnaire is crucial to the successful therapeutic application of this section.

This section targets your client's memory skills and provides a passageway into the second section dealing with memory and attention skills. In fact, in the ideal situation, Chapters 1 and 2 may be used together to provide a more thorough therapeutic application in the initial stages of this type of cognitive therapy.

## Exercises

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## Short-Term Memory Skills

**Objective** to increase short-term memory skills for new information learned

**Stimuli** auditory or auditory and visual

**Instructions** Throughout the therapy session, show your client several of the written exercises, reading them aloud and discussing their content. Before you end therapy, quiz your client with the written questions next to each item to increase short-term memory for new information.

### Compensatory Strategies

- Repeat information several times.
- Point out written information for your client to remember.
- Use visual imagery and relate new information to past experiences through discussion.

## Comparing Word Pairs

Listen to the following word pairs. Then tell two ways the items are alike and two ways they are different.

- |                                 |  |                                   |
|---------------------------------|--|-----------------------------------|
| 1. mobile home<br>apartment     | 14. glasses<br>contact lenses                | 27. friend<br>relative            |
| 2. bricks<br>wood siding        | 15. shopping<br>sewing                       | 28. golf<br>football              |
| 3. magazine<br>novel            | 16. housework<br>yard work                   | 29. sugar<br>artificial sweetener |
| 4. spring<br>winter             | 17. writing<br>painting                      | 30. nurse<br>doctor               |
| 5. movie<br>play                | 18. tie<br>belt                              | 31. bachelor<br>husband           |
| 6. ice cream<br>frozen yogurt   | 19. children<br>grandchildren                | 32. vacation<br>retirement        |
| 7. closet<br>dresser            | 20. song<br>poem                             | 33. check<br>money order          |
| 8. dictionary<br>encyclopedia   | 21. country music<br>rock music              | 34. vegetable garden<br>yard      |
| 9. telephone number<br>zip code | 22. driving<br>flying                        | 35. lake<br>ocean                 |
| 10. senior citizens<br>children | 23. credit cards<br>cash                     | 36. conversation<br>a speech      |
| 11. lawyer<br>insurance agent   | 24. freezer<br>refrigerator                  | 37. gold<br>silver                |
| 12. head cold<br>stomach virus  | 25. birthday<br>anniversary                  | 38. North Pole<br>South Pole      |
| 13. hospital<br>nursing home    | 26. writing a letter<br>talking on the phone | 39. singing<br>humming            |

## Further Activities for Caregivers

Note: Do not allow the client to work longer than 30 minutes at a time on writing tasks. Some perfectionist clients may feel compelled to work for hours.

- Encourage the client to write or at least sign all of his checks to pay his bills every month. Make photocopies of blank checks to use as practice sheets. Also, have him make all entries in the transaction register and write the return address on the envelope of each bill. You may want to do all this gradually. For example, pay one or two bills as they come in rather than spending hours paying all the monthly bills on one day. Then the activity is an on-going learning experience and not a laborious task.
- Try to include the client in any legal matters that pertain to her and allow her to sign legal documents if at all possible. Make the client feel that she is a part of all of these decisions.
- Encourage the client to send get-well cards, thank-you notes, etc., by having him sign and address the cards. Begin slowly by just having him sign his name to a card and then work up to writing thank-you notes and letters. Add a little more writing to this activity each day without overtiring him.
- When it is time to go grocery shopping, have the client make the shopping list and check off each item as you find it. Ask her to write the check at the cash register if her writing is fast enough and you feel she is ready for this.
- If there are any forms to be filled out such as health insurance claim forms, allow the client to complete the form and check his work. Photocopy the form or have the client write in pencil first to allow for errors.