

# Samples of Therapy Exercises




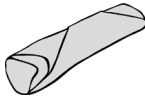


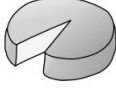






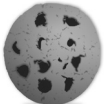






All my therapists from top-flight programs gave me grammar exercises. Going through all these exercises, which were from kindergarten to college SAT level, helped me get better. But, it was slow and tedious.

It was interesting to watch the levels of grammar, articles of speech, and even the choice of words get better and better each year, but I had to study!

To me, it was starting from scratch, from the kindergarten level—which, at that point, I learned nouns. From there, I learned about different words that meant the same concept, the articles of speech, simple sentences, complex sentences, putting different concepts in a single sentence, etc.

These are examples of exercises I had from various programs I had across the United States (e.g., University of Michigan Aphasia Program, Chicago Rehabilitation Institute of Chicago, Northwestern University, San Diego State University, private therapists):

**EXERCISE 1: PICTURE OF NOUNS**

Food 	Hamburger 	Pizza 	Burrito 	Spaghetti 
Bread 	Cheese 	French Fries 	Hot Dog 	Popcorn 
Fruit 	Banana 	Ice Cream 	Cookie 	Candy 
Drink 	Water 	Juice 	Soft Drink 	Coffee 

**EXERCISE 2**

I used language index flash cards obtained from a bookstore, and I progressively got better, from grade-school to college level.

I can't quite explain why, but if you simply read through each card three times a day, you will be amazed at what you pick up.

Skill Area: Language
Ages: 5 through 12
Grades: K through 7

**EXAMPLE 1**

A flash card that has:

“Who was the main actor in *Mission Impossible*?”

Answer on other side: Tom Cruise

**EXAMPLE 2**

A flash card that has:

“Who was Magellan?”

Answer on other side: A Portuguese explorer who led the first expedition that sailed around the earth

**EXERCISE 3**

Tell the story of this family in the picture:



**EXERCISE 4**

I learned, reviewed, and repeated numerous exercises that seem very simple, but they weren't at that point—as a person who just had a stroke and now has aphasia.

Simple exercises like this:

SUBJECT (WHO?)	VERB (WHAT?)	LOCATION (WHERE?)	TIME (WHEN?)
I	1) Eat 2) Ate 3) Will Eat (Breakfast, Lunch, Dinner)	at home	Monday
My family	1) Watch TV 2) Watched TV 3) Will Watch TV	in New York	This Weekend
My friend	1) Go 2) Went 3) Will Go (Shopping)	at the store	Saturday
The man	1) Work Out 2) Worked Out 3) Will Work Out	at the gym	At Night

### EXERCISE 5: THE “BIBLE” OF LEARNING THE TYPES OF WORDS

*The Oxford Picture Dictionary*

by Norma Shapiro and Jayme Adelson-Goldstein

An example of the contents:

Everyday Language

- A Classroom
- Personal Information
- School
- Studying
- Everyday Conversation
- The Telephone
- Weather
- Describing Things

- Colors
- Prepositions
- Numbers and Measurements
- Time
- The Calendar
- Money
- Shopping

#### EXERCISE 6: SPEECH SCRIPTS (SAMPLES I USED FROM REHABILITATION INSTITUTE OF CHICAGO)

- Try to memorize the words, helps conversation: tone and the content
- Try to memorize the key points which I have put in the right margin

#### TALKING STOCKS

**You:** Nice to meet you. Are you from New York originally?

**Mary:** Oh no. I moved here from Boston. I transferred jobs.

*Try to remember: New York originally*

**You:** What type of work do you do?

**Mary:** I work at Citicorp in the mortgage loan department.

*Try to remember: Type of work do you do*

**You:** Oh, I used to be with Citicorp Investment Bank. So, what are interest rates like these days?

**Mary:** Well, we're waiting to hear what Bernanke is gonna say next.

*Try to remember: Citicorp Investment, Interest rates like these days*

**You:** Do you follow the stock market for your line of work?

**Mary:** Not for work, but personally I do.

*Try to remember: Stock market for line of work*

**You:** What kinds of stocks have you invested in? I've got some tech, some utilities, and also health care. I think I'm well diversified.

**Mary:** Sounds like you've tried to spread it out.

*Try to remember: Kind of stocks—tech/utilities/health care, diversified*

**You:** Yes, if one area tanks, you've got money somewhere else. Then, I can take more risks with my money.

**Mary:** Hmm . . . I think I should talk to my broker.

*Try to remember: Area tanks, got money somewhere else*

**You:** The idea is diversification. I think you might consider diversifying your portfolio. Your broker will discuss this with you.

**Mary:** It doesn't seem like stocks have been moving much lately.

*Try to remember: Diversification*

**You:** Yeah, that's true. Well, it was nice talking to you. I've gotta run.

**Mary:** Okay, bye.

*Try to remember: Nice talking*