

# Maimonides Cognitive Toolkit

ENGLISH VERSION



The Maimonides Cognitive Toolkit is a production by students completing their Master of Science (Applied) in Occupational Therapy at the McGill School of Physical & Occupational Therapy in collaboration with the Donald Berman Maimonides Geriatric Centre from the *Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Centre-Ouest-de-l'île-de-Montréal*, and the Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR).

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# NON FURTUR OR FIN

This toolkit was developed as a part of a McGill University Occupational Therapy Master's research project. The research project's objective was to create a cognitive stimulation toolkit for staff, caregivers, and volunteers to use at Maimonides.

In order to achieve this objective, a background literature search was done. This background literature search involved reading through 59 systematic reviews and extracting 83 articles with potential activities to be introduced at Maimonides. From those 83 articles, 15 were used to create activities that were presented to Maimonides staff to assess their feasibility and adjust accordingly.

Throughout the research project, co-construction with staff at Maimonides occurred. This entailed 3 World Café sessions where the research team discussed various topics with staff members. This included what is currently done to stimulate cognition at Maimonides, potential activities to be implemented at Maimonides, and evaluation of tested activities. This toolkit was continuously modified in accordance with these World Café sessions. Further, certain staff tested activities from earlier prototypes of this toolkit and sent the research team evaluation forms indicating feasibility of implementation and suggestions for changes.

Through the use of World Café sessions with Maimonides staff and evaluation forms, adjustments were made to co-construct Version 1 of this document.

## How to use the toolkit



This toolkit contains 7 activities that are all intended to stimulate cognition in residents. Each section describes the activity, the research it was based on, how to conduct the activity, and other helpful notes and prompts.

This toolkit may be used digitally or may be printed. The toolkit can be used as a whole (all activities together) or activities can be printed individually. If you would like to print individual activities or pages, please consult the page range that is indicated in the table of contents for each activity.

At the top of each activity page, there is a legend that indicates who is best suited to conduct each activity; either members of the interdisciplinary team (PABs, nurses, OTs, PTs, TRPs, social workers, social worker technicians, SLPs, recreational therapists, art therapists, educators, etc..) or caregivers, family members, and volunteers. This distinction is made because certain activities (e.g. Wii games) are more physically active and more suited for trained professionals to be conducted due to safety concerns.

If any activities need to be modified (i.e. environmentally or physically), please consult an OT on the team for recommendations.

Lastly, it is important that the residents completing the activities have enough energy as the activities may be cognitively draining.

# REMINISCENCE THERAPY

# REMINISCENCE THERAPY

## What is it?

- Reminiscence therapy works on one's memory by encouraging patients to remember elements of their past including positive experiences and achievements (Bademli et al., 2018).
- Patients can answer autobiographical questions (Barban et al., 2015) which can create meaningful interactions by recalling joyful and happy moments from their past.

## How is it done?

- In groups or 1-on-1.
- Use prompts and open-ended questions in relation to topics such as childhood experiences, memorable traveled places, favorite foods, historical events, and music, among many others.
- Use material such as photographs (print and cut in colour), household goods, objects, music, and foods to elicit memories (Bademli et al., 2018). Youtube is also a potential tool to use to help patients remember elements of their past (O'Rourke et al., 2011).
- These materials will ideally be personalized to the lived experiences of the individual as well as important events for them.



**TIP:** If possible, complete this activity in a quiet environment!

# REMINISCENCE THERAPY

## Examples: Prompting questions

### Prompting Questions

- How did you meet your spouse?
- What is the best show you saw?
- What was your favorite dessert as a child?
- What was the name of your best friend?
- What is the favorite city you've lived in?
- What is your favorite holiday? What is your favorite memory during it?
- What is a happy memory from each season (you can specify one)?
- Did you have family pets?
- What was your favorite topic in school?
- What was your first job?
- Describe your favorite smelling dessert?
- What did you do for fun when you were my age?
- What was your favorite fashion accessory?
- Which year would you go back to if you could?

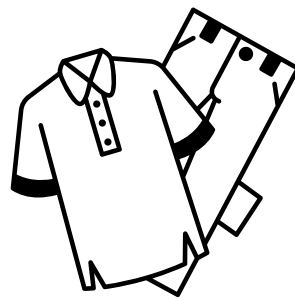


Can be incorporated into individual care, during meal times, during downtime, in structured groups, etc.

# REMINISCENCE THERAPY

## Examples: Prompts and Materials

- Smell familiar and meaningful scents: candles, perfumes, flowers, food, etc.
- Look through photo albums
- Look at pictures of popular celebrities
- Listen to music
- Sing a song from childhood or memorable point in their life
- Watch clips from movies
- Watch videos of their favorite performers
- Enjoy food and drinks linked to their past
- Engage with objects such as important clothing, accessories, art, etc.



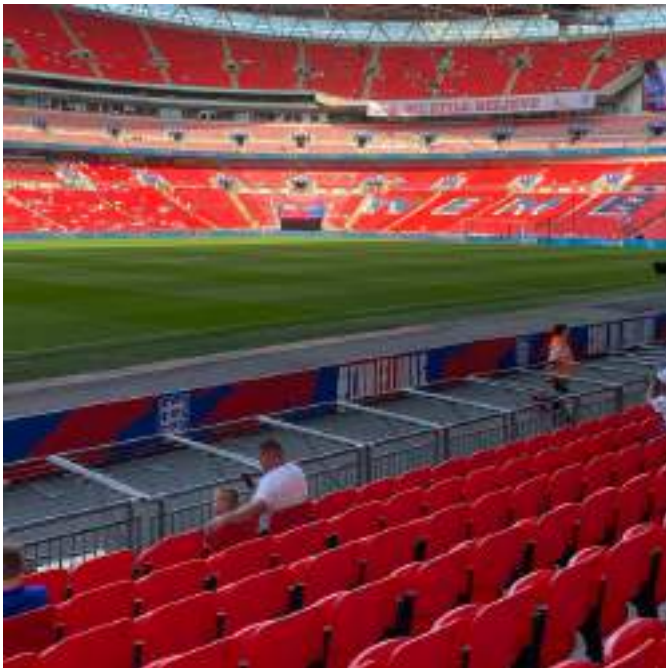
# REMINISCENCE THERAPY

## Examples: Photos

Use the following photo examples to engage in reminiscence therapy with your resident. Look at your resident's Life Story folder to get inspired for photos you may print (e.g. their former job, a vacation destination, etc)!



Your paragraph text



# REMINISCENCE THERAPY

## Examples: Photos



# REMINISCENCE THERAPY

## Examples: Photos



**Note: Reminiscence therapy photos are copyright free from Canva.**

# WII GAMES

# WII GAMES

## What is it?

Playing on the Nintendo Wii stimulates cognition as it targets attention, memory, executive function, and processing speed (Hughes et al., 2014).

## Who can play?

- Anyone with mobility in an arm/hand
- Must be able to hold the Wii remote and press certain buttons on the remote (depending on the game)
- Must have the cognitive capacity to be able to learn how the game is played

## Where to find the Wii?

Ask a staff member on the floor where it is located if you cannot find it in the Activity Room.



Photo retrieved from [pixabay.com](https://pixabay.com)



Photo retrieved from [Wikimedia](https://www.wikimedia.org).

# WII GAMES

## What to do?

1. Set up the Wii with the TV in the activity room. Instructions for set up are on the following page.
2. Teach your resident how to play Wii Sports (bowling, tennis, golf, or baseball).
3. Play with your resident, you may invite others to join you (up to 4 players).
4. When finished playing, make sure to disinfect the Wii remotes and any other items you've used in the room with disinfectant wipes.



Photos retrieved from [Pixabay.com](https://pixabay.com)

## Engaging group option



Create a **Wii Tournament** and have residents compete against each other in Wii Sports. To make it more fun, promote a prize for the winner. You may play in one of the common areas so that those that cannot participate may still enjoy socializing and watching others play.

# HOW TO SET UP THE WII

## Connecting the Wii using AV cables:

- 01** On the TV, locate a set of yellow, red, and white holes labeled "Input."
- Audio/Video (AV) inputs are typically located on the back of the TV, but occasionally are on the sides, top, or bottom. They may also be located behind a hidden panel or door in the television.
  - Look for inputs marked "Audio and Video In."
  - Do not connect the system to anything marked "out."

- 02** Insert the AV Multi Out plug of the Wii AV Cable into the AV Multi Out connector on the back of the console.

Please use the following link to get further visual instructions for connecting the Wii using AV cables: [https://en-americas-support.nintendo.com/app/answers/detail/a\\_id/2732/~/how-to-connect-the-wii-to-a-tv-using-av-cables](https://en-americas-support.nintendo.com/app/answers/detail/a_id/2732/~/how-to-connect-the-wii-to-a-tv-using-av-cables)

- 03** Insert the colored connectors on the Wii AV Cable into the input connectors on the TV. Plug the colored connectors into the following inputs:
- a. **Yellow: Video Input**
  - b. **White: Audio Input Left (or Mono)**
  - c. **Red: Audio Input Right**

- 04** Once the cables are inserted and the Wii is ON, find the Input Select for the TV to view the game. This is typically found by pressing the TV/Video Button on the television's front panel or remote control. If there is more than one input channel, keep pressing TV/Video until you see the display from the Wii.

Instructions taken from [Nintendo Support](#)

# MUSIC ACTIVITIES

# MUSIC ACTIVITIES

## Activity 1: Moving to the beat of music

### What is it?

- While playing music out loud, guide residents to incorporate safe movements to the beat and rhythm of the music.
- Moving to the beat of interesting music has both cognitive and physical benefits as it has a positive impact on global cognition, flexibility, and life satisfaction (Hagen et al., 2003).

### Who can participate?

- Seated in a stable chair.
- Able to voluntarily move some of their joints.
- Able to follow instructions.



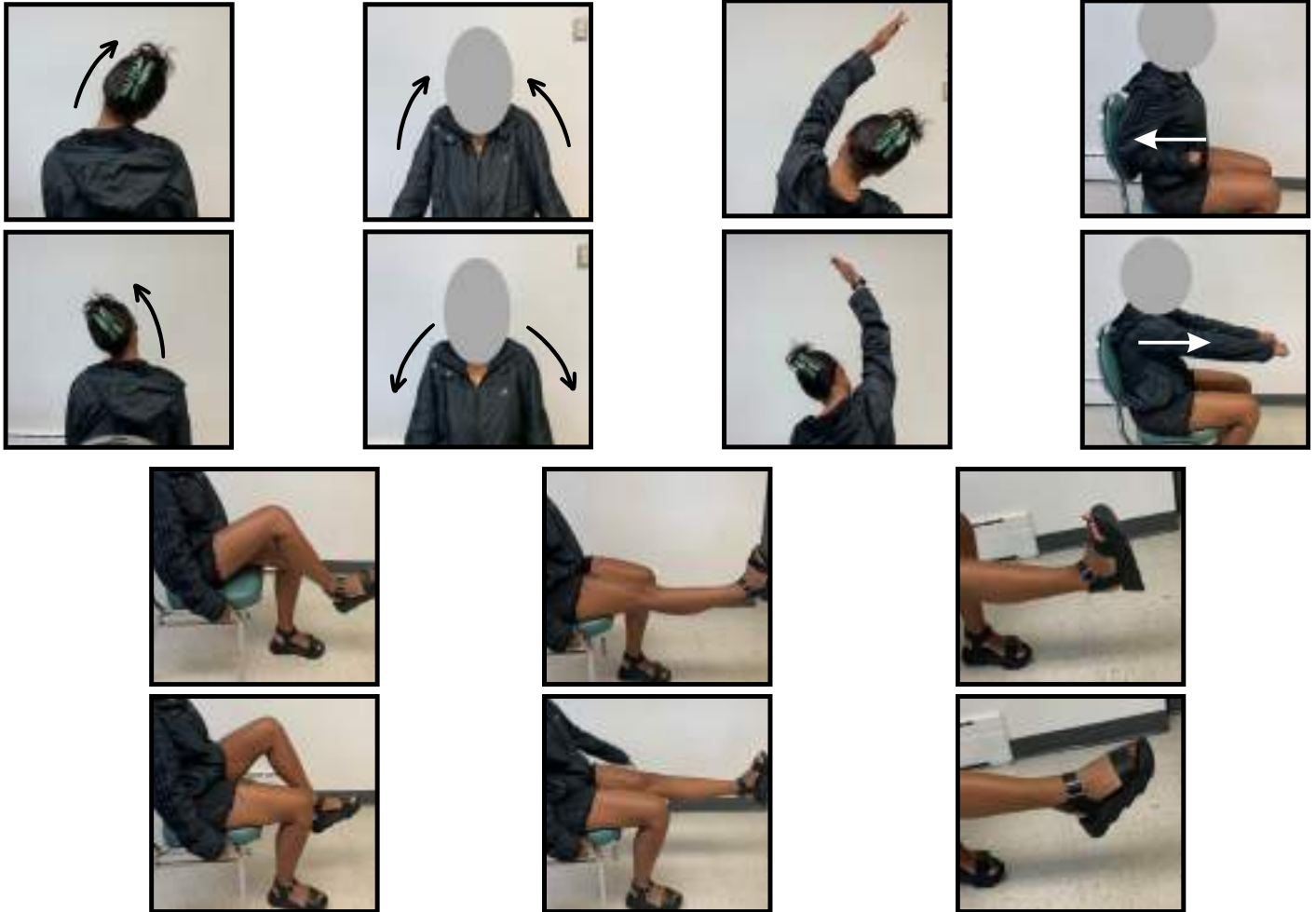
### Steps

1. Play a song out loud on a mobile device, tablet (e.g iPad), speaker.
2. Choose a repetitive beat or sound in the song to cue onto.
3. Instruct the participant to pay attention to this repetitive beat or sound.
4. Instruct the participant to follow your movements at the same time as you.
5. Move your head, shoulders, arms, and legs in a safe manner, as shown in the images below, to the beat of the music.

# MUSIC ACTIVITIES

## Activity 1: Moving to the beat of music

### Examples of movements



Photos taken by the Research team.

## TIPS



- **Make it fun!** Choose music that is interesting to both you and the participant so that the activity is fun for all! (i.e. **songs from 40s to 80s**)
- **Make it easier!** Hold the participants hands and gently guide their movements by moving to the beat of the music with them.
- **Make it harder!** Participant takes the lead! Have the participant memorize 3-5 movements in a row and complete those movements in a sequence.

# MUSIC ACTIVITIES

## Activity 2: Playing instruments

### What is it?

Playing and interacting with musical instruments in a group setting can improve scores on cognitive tests, especially recall, for people with dementia (Chu et al., 2013).



Photo taken by the Research team.

### Who can participate?

- Anyone can participate!
- Small groups of 2-6 people.

### Instruments available

- Bongo drums
- Maracas
- Tambourines
- Guitars
- Piano
- Bells



### Steps:

1. Ask a nurse or staff member to provide you with some instruments.
2. Wipe the instruments with disinfectant wipes prior to using them.
3. Choose one of the instrument options on the next page and play.
4. When you are done playing with the instruments, wipe them down with disinfectant wipes. Return the instruments to the person that gave them to you.

# MUSIC ACTIVITIES

## Activity 2: Playing instruments

### Instrument activity options

- A** Turn-taking: Taking turns playing the instruments. This can be exploratory, without having a specific song or beat in mind. You may create a sequence of beats or sounds and have the group follow along, or the group may choose their own musical sequence.
- B** Instrument expression: Encourage participants to pick an instrument that represents them. They can express why it represents them. They can then initiate a group improvisation. Everyone can take turns.
- C** Voice as an instrument: Therapeutic singing. Choose a song and sing-along, like karaoke. Print out lyrics of a favourite song, or follow online lyrics. Play an instrument, if it applies to the song.
- D** Colour matching: Match the instruments to a colour. Encourage participants to name a colour out loud and the person holding the instrument of that colour must play it.



### TIPS

Find  
creative  
ways to  
include  
everyone!

- Move the instrument to a reachable height. Place it on tables, boxes, or other surfaces that elevate it.
- Use adapted occupational therapy equipment. Increase the size of thin handles, such as drumsticks or maraca handles. This can be helpful for participants who cannot fully close their fist.
- “Be their hands.” Play music on their cue, when they want.

# **BOARD GAME LIBRARY**

# BOARD GAME LIBRARY

## Why play board games with your resident?

Board games are a great way of having fun while stimulating cognition. A recent systematic review by Chen et al. (2022) showed that tabletop games can improve the cognition of older adults with MCI while also promoting social interactions.

## Who can participate?



Individuals who are able to learn new rules and games.

## Where?

Games are located in the activity room. If the game you are looking for is not there, ask a staff member as they may be able to request it from the recreational therapist.

## Steps

1. Choose a game that would be of interest to your resident and that you already know how to play or are able to easily learn.
2. Locate the game in the Activity Room and play with your resident!
3. Modify the rules of the game as you see fit to accommodate your resident's abilities. (i.e. give your resident more time than 3 minutes to play Boggle or place scrabble pieces on the board for your resident if needed).
4. Once you are done playing, make sure all touched surfaces are disinfected and all board game pieces are accounted for before returning the game.
5. Return the game to its original location.



## TIPS

- Choose a board game according to their cognitive level. (I.e. Chess may be considered a rather challenging game compared to Connect 4)
- Play board games at an appropriate-sized table

# **PAINTING ACTIVITY**

# PAINTING ACTIVITY

## Why engage in art activities with your resident?

- Increased social relationships
- Trigger reminiscence
- Better communication
- Increased cognition (increased MMSE scores)

(Gutheil & Heyman, 2016)

## Who can participate

- Interested in art.
- Have the physical ability to hold a paintbrush.

## What is the activity?

Get in tune with your creative side! Spend time painting on a small canvas with your resident. You may provide them with a theme for the painting or allow their imagination to guide them.

## Materials needed:

- Blank canvas
- Paint brush set
- Acrylic paint colours
- Paper cups (to pour the paint into)

*\*Materials can be purchased at your nearest dollar store.*



**Note: Painting activity photos are copyright free from Canva.**

# PAINTING ACTIVITY

## Steps

1. Retrieve all materials needed from the Activity Room on the 5th floor or the recreation department.
2. Bring your resident to a quiet space that has a table to begin the activity.
3. Choose a meaningful theme with the resident such as flowers, seasons, sports, food, family, abstract, or anything else they might be inspired by,
4. If needed, set an amount of time to participate in the activity (i.e. 30 mins), if the painting is not finished, you may continue painting at a different time.
5. When finished, clean all touched surfaces and return paint items to original location. The canvas may be set up in the resident's room.

## TIPS

Ask the resident if they want to participate actively by:

- painting it themselves
- passively (through observation),
- creatively (making all creative decisions)
- receptively (through interpretation)



### Too easy?

- Copy an image that is already created.
- Try a self-portrait.
- Ask interpretive questions about the art: What do you see? What would you change? What's your favourite part?

### Too difficult?

- Use different types of brushes, like sponges or large flat paint brushes.
- If holding the brush in the hand is challenging, encourage the resident to paint using their mouth.

# BRAIN GAMES

# BRAIN GAME BOOKLET

## What is it?

A booklet of simple puzzle games demonstrated in research to:

- increase general cognition and memory (Eckroth-Bucher, 2009)
- increase reasoning and attention (Litwin et al., 2017)
- improve visual perception, orientation, cognitive speed, and perceptual reasoning (Murukesu et al., 2021).

## Who can participate?

- Residents interested in relaxing but stimulating paper/pencil games
- Good option for residents who may be isolated or who enjoy individual time
- Residents who enjoy a bit of a challenge



## Instructions

Print the attached booklet and give to residents to complete by hand at a table. Assist the resident as needed. If a resident enjoys a particular game and wants more of that game, visit the link provided on each game's page to browse and find more.

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

## TIPS



- **Make it accessible:** Print the games with larger text or on larger paper for residents with decreased vision! Use thick, bright coloured markers for better colour contrast.
- **Make it easier:** Find easier versions of the game on the website.
- **Make it harder:** Find harder versions of the game on the website.

**Note: Finding the "just right" level of difficulty** so that the resident is challenged but still capable of completing the game is ideal!

# BRAIN GAMES: SUDOKU

Sudoku puzzles are examples taken from [mathsphere.com](https://mathsphere.com)

# BRAIN GAME BOOKLET

## Sudoku: Instructions for Level 1

### 4x4:

Fill in the blanks so that each row, each column, and each of the four 2x2 grids contain one instance of each of the numbers 1 through 4.

2	1		
	3	2	
			4
1			



2	1	4	3
4	3	2	1
3	2	1	4
1	4	3	2

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 1

			3
			2
3			
4			

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 1

PUZZLE 1 SOLUTION

2	4	1	3
1	3	4	2
3	1	2	4
4	2	3	1

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 2

			2
	3		
4			
		2	

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 1

PUZZLE 2 SOLUTION

1	4	3	2
2	3	4	1
4	2	1	3
3	1	2	4

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 3

			3
4			
			1
3			

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 3 SOLUTION

1	2	4	3
4	3	1	2
2	4	3	1
3	1	2	4

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 4

			1
	1	3	
4			2

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 4 SOLUTION

3	4	2	1
2	1	3	4
1	2	4	3
4	3	1	2

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 5

		4	3
2	3		

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 1

PUZZLE 5 SOLUTION

1	2	4	3
3	4	2	1
4	1	3	2
2	3	1	4

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

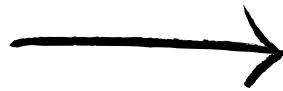
# BRAIN GAME BOOKLET

## Sudoku: Instructions for Level 2

### 6x6:

Fill in the blanks so that every row across, every column down, and every 2x3 box contains the numbers 1 through 6.

		4	6		
5		3	1		
			4		6
		6			3
4		5	2		
		2			



1	2	4	6	3	5
5	6	3	1	4	2
3	5	1	4	2	6
2	4	6	5	1	3
4	3	5	2	6	1
6	1	2	3	5	4

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 1

2			6	1	
6		5			
					2
	2	4	1		
	3	6		2	
1				4	

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 2

PUZZLE 1 SOLUTION

2	4	3	6	1	5
6	1	5	2	3	4
3	6	1	4	5	2
5	2	4	1	6	3
4	3	6	5	2	1
1	5	2	3	4	6

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 2

2					6
3					
				3	4
6	4			5	
					2
5	6				3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 2

PUZZLE 2 SOLUTION

2	5	4	3	1	6
3	1	6	4	2	5
1	2	5	6	3	4
6	4	3	2	5	1
4	3	1	5	6	2
5	6	2	1	4	3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 3

	4		3		
		6			2
	5	4			
			5	4	
3			6		
		1		3	

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 2

PUZZLE 3 SOLUTION

5	4	2	3	6	1
1	3	6	4	5	2
6	5	4	1	2	3
2	1	3	5	4	6
3	2	5	6	1	4
4	6	1	2	3	5

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 4

3			5		
	6				
	2	4			
			1	2	
				5	
		2			3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 2

PUZZLE 4 SOLUTION

3	4	1	5	6	2
2	6	5	3	4	1
1	2	4	6	3	5
5	3	6	1	2	4
4	1	3	2	5	6
6	5	2	4	1	3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 5

	3			1	6
			4		3
				5	
	4	2		6	
4					
6	2				

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 2

PUZZLE 5 SOLUTION

2	3	4	5	1	6
1	5	6	4	2	3
3	6	1	2	5	4
5	4	2	3	6	1
4	1	5	6	3	2
6	2	3	1	4	5

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

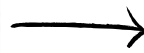
# BRAIN GAME BOOKLET

## Sudoku: Instructions for Level 3

### 9x9:

Fill in the blanks so that every row across, every column down, and every 3x3 box contains the numbers 1 through 9.

	9		8		2	7	5	
					3	1	6	4
3								9
	1	4						
2						3		
5	3		1					
				1			2	
9	8			4				
	2			5				7



4	9	1	8	6	2	7	5	3
8	7	2	5	9	3	1	6	4
3	5	6	4	7	1	2	8	9
7	1	4	6	3	5	8	9	2
2	6	9	7	8	4	3	1	5
5	3	8	1	2	9	4	7	6
6	4	5	3	1	7	9	2	8
9	8	7	2	4	6	5	3	1
1	2	3	9	5	8	6	4	7

# BRAIN GAME BOOKLET

Sudoku: Level 3

PUZZLE 1

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 3

PUZZLE 1 SOLUTION

6	5	9	3	1	4	2	8	7
1	8	7	6	5	2	4	3	9
2	3	4	8	9	7	5	1	6
4	2	6	1	3	5	9	7	8
8	7	1	9	4	6	3	5	2
5	9	3	2	7	8	6	4	1
3	1	2	5	8	9	7	6	4
7	6	5	4	2	1	8	9	3
9	4	8	7	6	3	1	2	5

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 3

PUZZLE 2

	6			7	2			1
8			1	3	6	5		
		3	4					
2			6	5			3	
		6			7		1	
			2			8	6	4
9		7		8	4			
		8			9		7	
			7	2	1		8	3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 3

PUZZLE 2 SOLUTION

4	6	5	8	7	2	3	9	1
8	9	2	1	3	6	5	4	7
7	1	3	4	9	5	6	2	8
2	4	1	6	5	8	7	3	9
3	8	6	9	4	7	2	1	5
5	7	9	2	1	3	8	6	4
9	2	7	3	8	4	1	5	6
1	3	8	5	6	9	4	7	2
6	5	4	7	2	1	9	8	3

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 3

PUZZLE 3

						9	2	
5	4			3		1		
		8		5	7			4
	5			8				3
9		3		4	6	8		
1			3				4	
	7		4					
3	6	1		7	9		8	
				6			3	7

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 3

PUZZLE 3 SOLUTION

7	3	6	8	1	4	9	2	5
5	4	9	6	3	2	1	7	8
2	1	8	9	5	7	3	6	4
6	5	4	2	8	1	7	9	3
9	2	3	7	4	6	8	5	1
1	8	7	3	9	5	2	4	6
8	7	5	4	2	3	6	1	9
3	6	1	5	7	9	4	8	2
4	9	2	1	6	8	5	3	7

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 3

PUZZLE 4

7			8	4		2		5
	3		1	5		4		
		5		6			7	
	9			3	4	5	8	
	2	8	7			9		3
5		3	9			6		
		4	5	2			9	
		9	4		8			
8					1	7		

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 3

PUZZLE 4 SOLUTION

7	6	1	8	4	9	2	3	5
9	3	2	1	5	7	4	6	8
4	8	5	2	6	3	1	7	9
1	9	7	6	3	4	5	8	2
6	2	8	7	1	5	9	4	3
5	4	3	9	8	2	6	1	7
3	7	4	5	2	6	8	9	1
2	1	9	4	7	8	3	5	6
8	5	6	3	9	1	7	2	4

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET

Sudoku: Level 3

PUZZLE 5

						7		
3	9		7		8	5	4	
8	6			5	4			
9		6		4	7			
1	3	4	2				9	
	5	8	1		9			4
5	4		9	2	3			8
				7		9		5
					1		3	

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAME BOOKLET SOLUTIONS

Sudoku: Level 3

PUZZLE 5 SOLUTION

4	1	5	6	9	2	7	8	3
3	9	2	7	1	8	5	4	6
8	6	7	3	5	4	1	2	9
9	2	6	8	4	7	3	5	1
1	3	4	2	6	5	8	9	7
7	5	8	1	3	9	2	6	4
5	4	1	9	2	3	6	7	8
2	8	3	4	7	6	9	1	5
6	7	9	5	8	1	4	3	2

<https://mathsphere.co.uk/resources/MathSphereFreeResourcesSudoku.html>

# BRAIN GAMES: WORD SEARCH

Word searches were created using [printablecreative.com](http://printablecreative.com)

# BRAIN GAME BOOKLET

Word Search: Level 1

## Musical Instruments

F C B B P

L E A H I

U L N O A

T L J R N

E O O N O

**CELLO PIANO HORN**

**BANJO FLUTE**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 1

## Zoo Animals

P A N D A  
Z E B R A  
T I G E R  
H I P P O  
K L I O N

**HIPPO LION ZEBRA**

**PANDA TIGER**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 1

**Summer**

B E E S G

B S P H O

C W S O L

U I U T F

V M N S X

**GOLF SUN HOT**

**BEEES SWIM**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 1

## Fruits & Vegetables

Y P M K K

A E N I A

M A N W L

M R N I E

B E E T M

**BEET      KIWI      YAM**

**KALE      PEAR**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

## Word Search: Level 1

### Cooking

B O I L U

M I N C E

G S T I R

C D I C E

D S T E W

**BOIL      MINCE      STIR**

**DICE      STEW**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 2

## Weather

L I G H T N I N G V  
 F A H R E N H E I T  
 A S H H C T B P W O  
 Y U B U L W S Q I V  
 F N Y M O G N U N E  
 R N D I U N O Y D R  
 F Y G D D J W K R C  
 S V J I H A I L Z A  
 I I T T R A I N X S  
 J F V Y S T O R M T

CLOUD HUMIDITY RAIN SUNNY  
 FAHRENHEIT LIGHTNING SNOW WIND  
 HAIL OVERCAST STORM

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

## Word Search: Level 2

### Cities

D	U	B	A	I	K	M	A	N	V
Z	V	Z	A	R	A	O	R	B	M
J	I	J	C	H	Q	S	O	E	I
S	T	O	K	Y	O	C	M	R	A
V	E	N	I	C	E	O	E	L	M
C	P	A	R	I	S	W	H	I	I
M	A	D	R	I	D	I	W	N	H
F	A	P	L	L	O	N	D	O	N
U	T	O	R	O	N	T	O	G	B
S	C	S	E	O	U	L	O	P	K

ROME

LONDON

MIAMI

SEOUL

MOSCOW

DUBAI

TOKYO

MADRID

VENICE

TORONTO

PARIS

BERLIN

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 2

## Grocery List

Q S F V H N B A C F  
 C O F F E E Y P A O  
 D V H B R I O P R N  
 C H E E S E G L R M  
 Z Z K T M R U E O I  
 U K E G G S R S T L  
 C E R E A L T L S K  
 Z C O O K I E S M C  
 V B R E A D L A H J  
 P O T A T O E S K P

**APPLES**

**CEREAL**

**COOKIES**

**POTATOES**

**BREAD**

**CHEESE**

**EGGS**

**YOGURT**

**CARROTS**

**COFFEE**

**MILK**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

## Word Search: Level 2

### Sports

X N T U S Q U A S H  
 R U G B Y G I P B S  
 F O O T B A L L E W  
 B A D M I N T O N I  
 W H O R O W I N G M  
 T O C K W Z A E Z M  
 G C S K I I N G K I  
 O K J N A J Q W E N  
 L E C S O C C E R G  
 F Y X P T E N N I S

**BADMINTON HOCKEY SKIING SWIMMING**  
**FOOTBALL ROWING SOCCER TENNIS**  
**GOLF RUGBY SQUASH**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 2

## Camping

N K A Y A K B C T Z  
 L M T V T J U A R H  
 F S E I D B G M A A  
 D F N S J V S P I M  
 X K T L V T W F L M  
 C A M P I N G I E O  
 R A C C O O N R R C  
 X S M O R E S E X K  
 F L A S H L I G H T  
 B A T T E R I E S X

**BATTERIES    CAMPING    KAYAK    TENT**  
**BUGS    FLASHLIGHT    RACCOON    TRAILER**  
**CAMPFIRE    HAMMOCK    SMORES**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 3

## Flowers

Y U A Z N D T G W V E R W X F  
 Q H L E A I V D S M S B F S N  
 T J L H V M R T V F S W Z O K  
 L A V E N D E R V K H Q U O T  
 K E Z E J M A R I G O L D O G  
 J Q G J U R O S E A C H K C L  
 H F T U L I P U A D J Y P A S  
 X E O R C H I D L A L D E X U  
 J E S C D Z L F C I U R O B N  
 F P L L I Z M F Y S B A N R F  
 J C F P V X A Y O Y P N Y C L  
 W J Y Z I Z V H M A S G V E O  
 C D Q X X L I L A C P E J C W  
 C A R N A T I O N C M A Z J E  
 U M Z R W N L I L Y W B N R R

**CARNATION LAVENDER MARIGOLD SUNFLOWER**

**DAISY**

**LILAC**

**ORCHID**

**TULIP**

**HYDRANGEA**

**LILY**

**PEONY**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 3

## Love

W P D Z F V H O T R V K H S X  
 M E Z D S R I O F O D R V X H  
 G C P D H D H P J M X T B C B  
 W G P U J E O P C A U S O Z Q  
 A F F E C T I O N N A J S Q U  
 I S B M U D B Z F C B R W Y T  
 O M X G D A I S S E T R E L N  
 D I D D E R N Q D Z P A E P O  
 A T A Q A L T G L T Q D T A B  
 Y T T Z R I I X O V Y O H S G  
 X E E B E N M C V O D R E S U  
 A N B G S G A K E V B E A I T  
 Q Q O Y T W C P D K Y H R O F  
 V S D T A K Y L T U T B T N Y  
 F Q P T F R I E N D S H I P X

**ADORE**

**DATE**

**INTIMACY**

**SWEETHEART**

**AFFECTION**

**DEAREST**

**LOVE**

**SMITTEN**

**DARLING**

**FRIENDSHIP**

**PASSION**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 3

## Sea Life

T U N A Y C X Q O R E E N X K  
 B Y P K B L E S T I N G R A Y  
 R G H Z H A T S H R I M P R S  
 E O X O S M Y D S J S M K B B  
 F G J S T A R F I S H W J W K  
 N G R L Q C V Q L U K B X H K  
 D C U X A F B J R J R M W A D  
 F D O L P H I N K E G S M L C  
 W U L F C X P T M L J U A E P  
 O T D Q M K N X B L L X R J C  
 L Y O U O F J J C Y Q K O R O  
 P P L O B S T E R F X E L M X  
 A L G A E G I B I I Y L B T B  
 X O A W R D Z K G S Z P A X B  
 Z G C R A B S X F H R S F N T

**ALGAE**

**DOLPHIN**

**LOBSTER**

**STINGRAY**

**CLAM**

**JELLYFISH**

**SHRIMP**

**WHALE**

**CRAB**

**KELP**

**STARFISH**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

Word Search: Level 3

## Science

H Y P O T H E S I S V I V M Z  
 C I Q U W O R M Q O B Q F E A  
 X M Y P U B U R N E R G Q A X  
 M Z C O N B Q L W J A L Z S L  
 P H T R H A E S X U P C G U K  
 T H J Z Q T B H I Y H H M R Y  
 O W V R P O B P H B Y E X E G  
 A T F Y B M I O X I S M M D B  
 F M O L E C U L E O I I J F O  
 E G B V Z V F T J L C S P Y Z  
 C F E G Q A O F K O S T Z C T  
 E O A N L A T D H G H R Y N J  
 N C K D U H A A I Y J Y Q K Z  
 G F E D I C H E M I C A L R Q  
 Z K R F O S S I L H Q C B H X

**ATOM**

**BURNER**

**FOSSIL**

**MOLECULE**

**BEAKER**

**CHEMICAL HYPOTHESIS**

**PHYSICS**

**BIOLOGY**

**CHEMISTRY MEASURE**

<https://printablecreative.com/word-search-generator>

# BRAIN GAME BOOKLET

## Word Search: Level 3

### Desserts

X U I C E C R E A M B L B U P  
 O V K U Y S I H D F R S I K H  
 W J P C Q D K C C N O Y S X R  
 D D I W O T N U O V W C C L Q  
 P A S T R Y K S O T N C U F F  
 Q J C U L M A T K L I Q I F Q  
 Q C A N D Y G A I O E V T N N  
 S U V G M R D R E V E X S D N  
 O J T V C K W D C O Q K X I R  
 U I P E M B F S U S R Y P K Z  
 D Q I G X M E R E N G U E Y P  
 Y I E V K Q S O X H K J M A M  
 I S N N K Z P U D D I N G P C  
 T Y C A K E Y L P R H B R V L  
 D R A I F J Y Z B S S R N R Z

BISCUIT

CANDY

ICE CREAM

PIE

BROWNIE

CUSTARD

MERENGUE

PUDDING

CAKE

COOKIE

PASTRY

<https://printablecreative.com/word-search-generator>

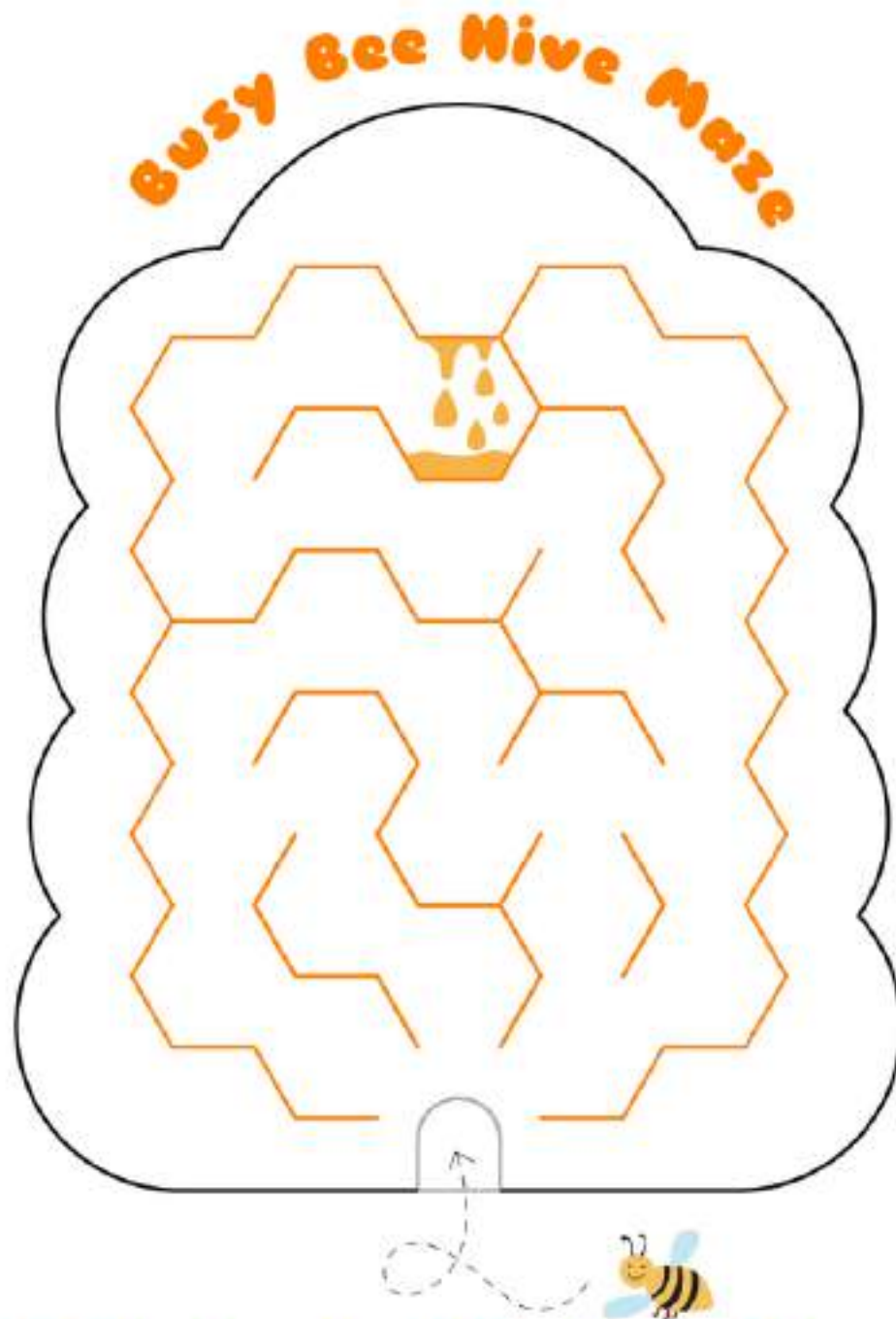
# BRAIN GAMES: MAZES

Mazes are examples taken from [mrprintables.com](http://mrprintables.com) and [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #1



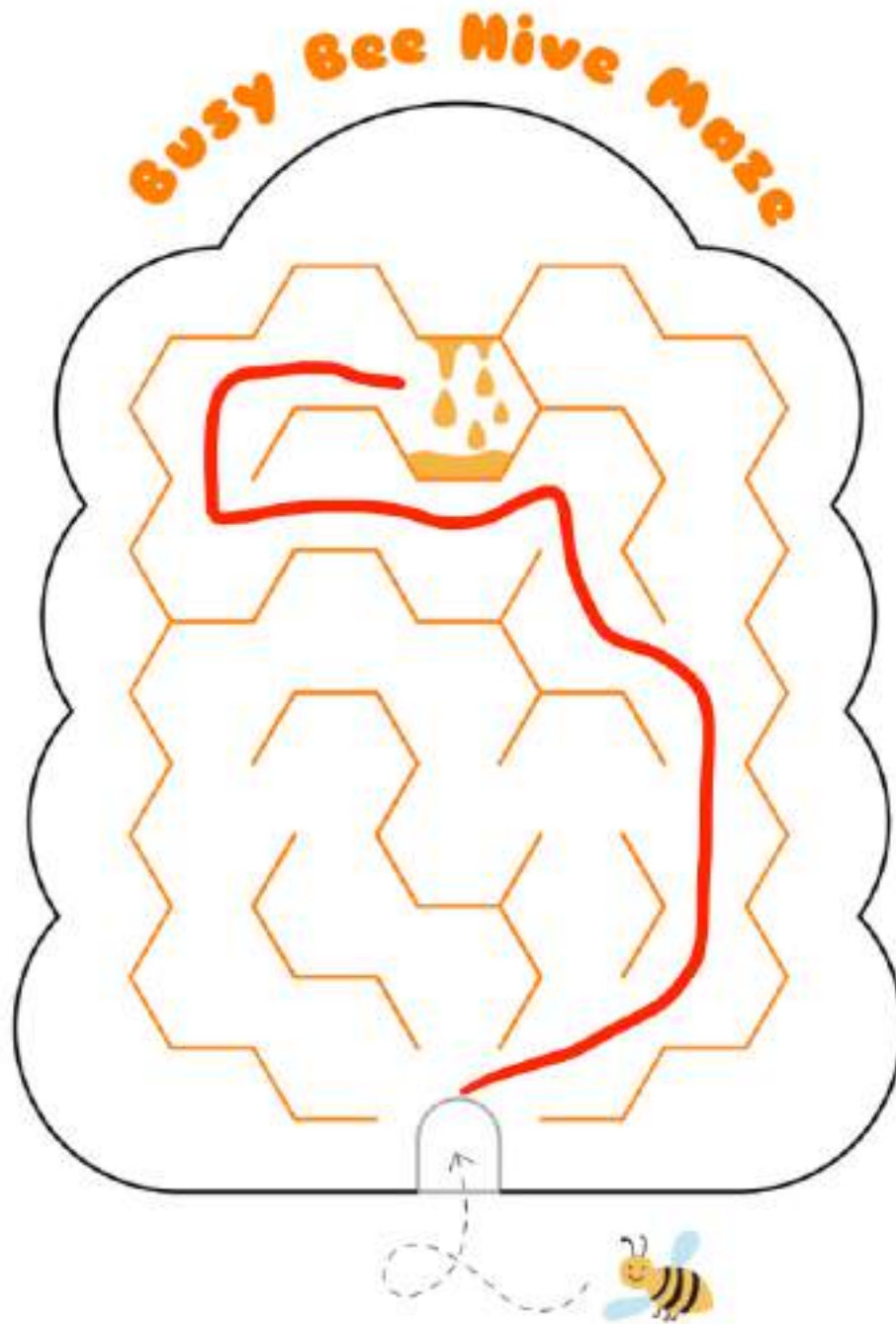
**Help the bee find his store of honey**

Retrieved from Mr. Printables [mrprintables.com](http://mrprintables.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 1

### Puzzle #1 Solution



**Help the bee find his store of honey**

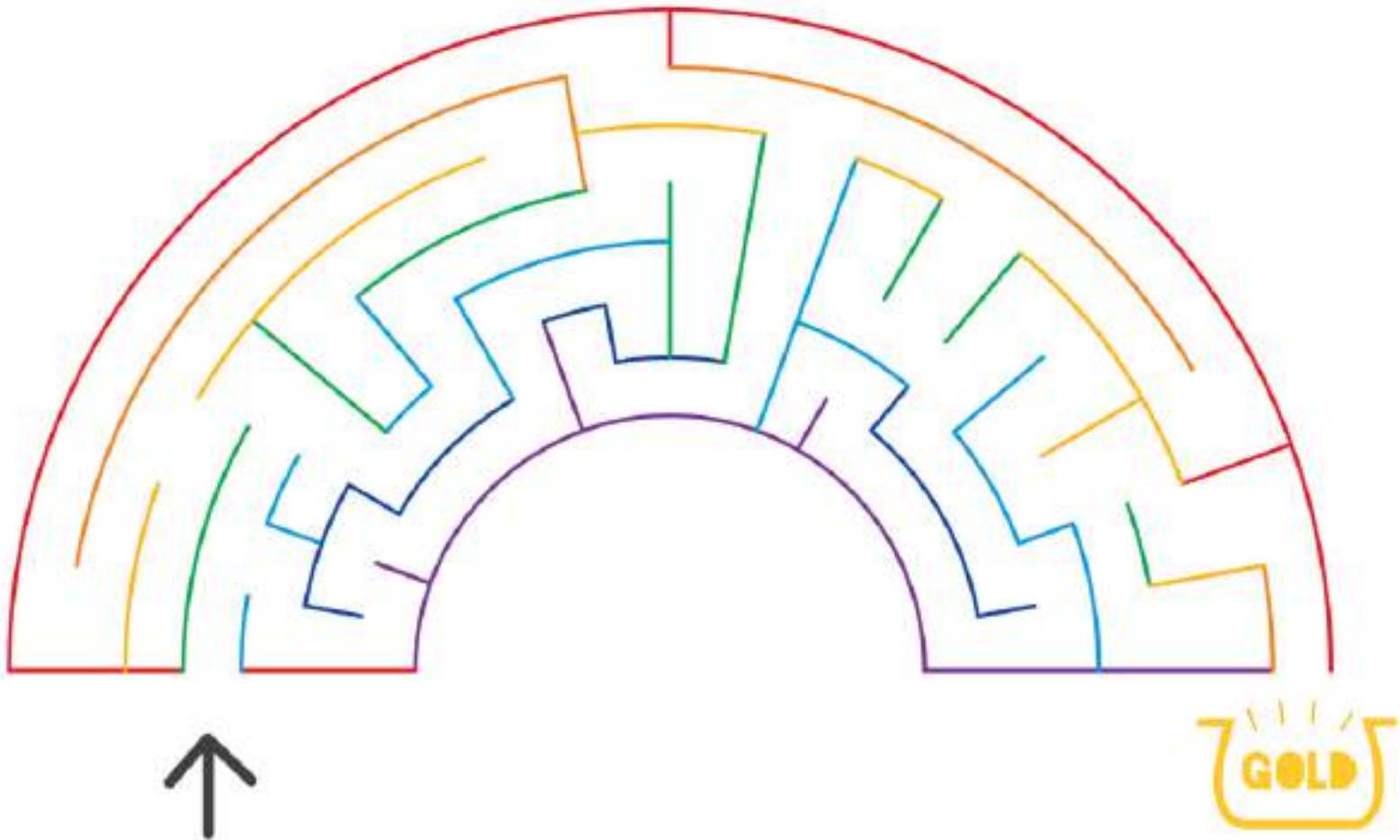
***N.B. Multiple solutions possible***

# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #2

**FOLLOW THE RAINBOW  
TO FIND THE POT OF GOLD!**



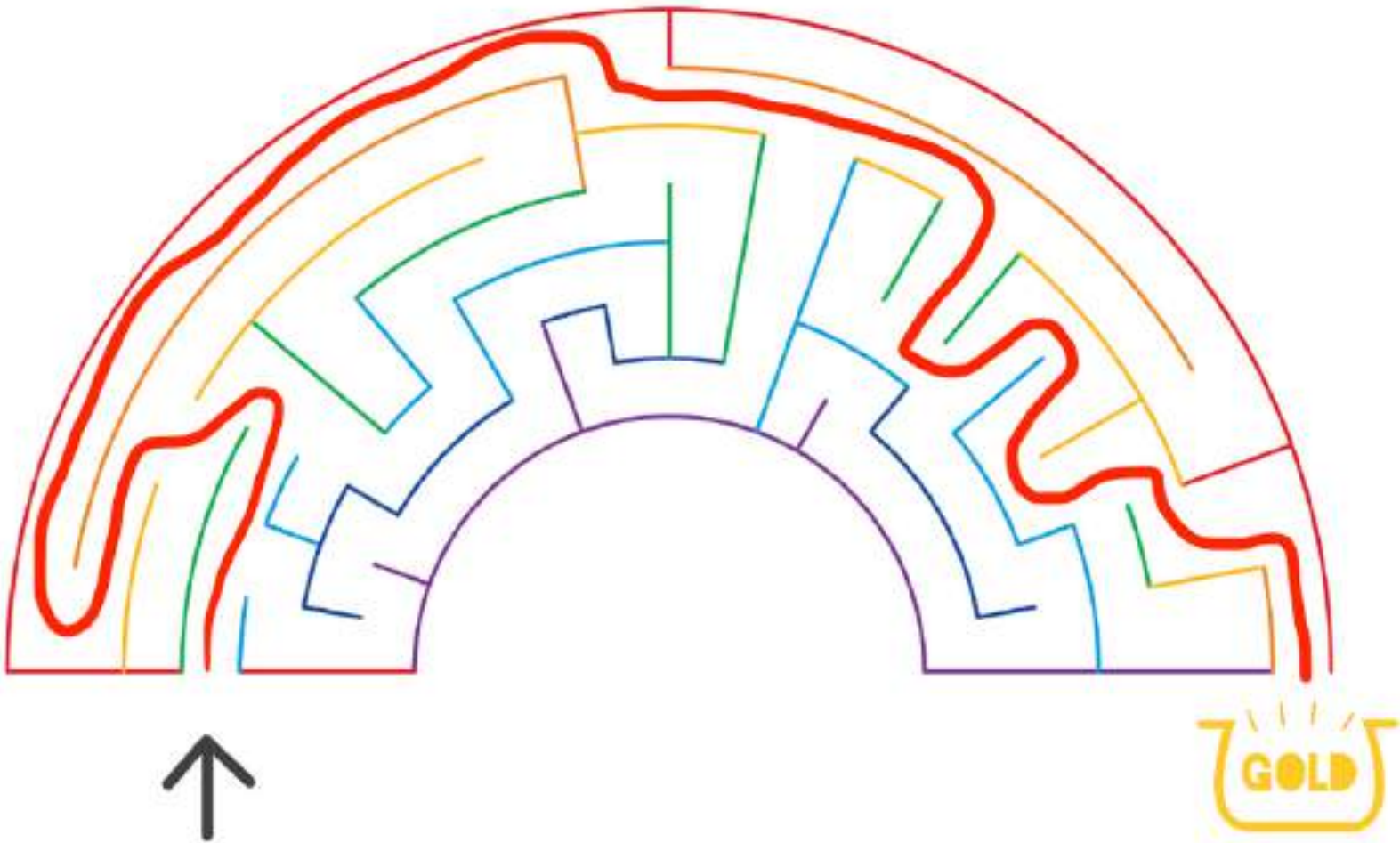
Retrieved from Mr. Printables [mrprintables.com](http://mrprintables.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 1

### Puzzle #2 Solution

**FOLLOW THE RAINBOW  
TO FIND THE POT OF GOLD!**

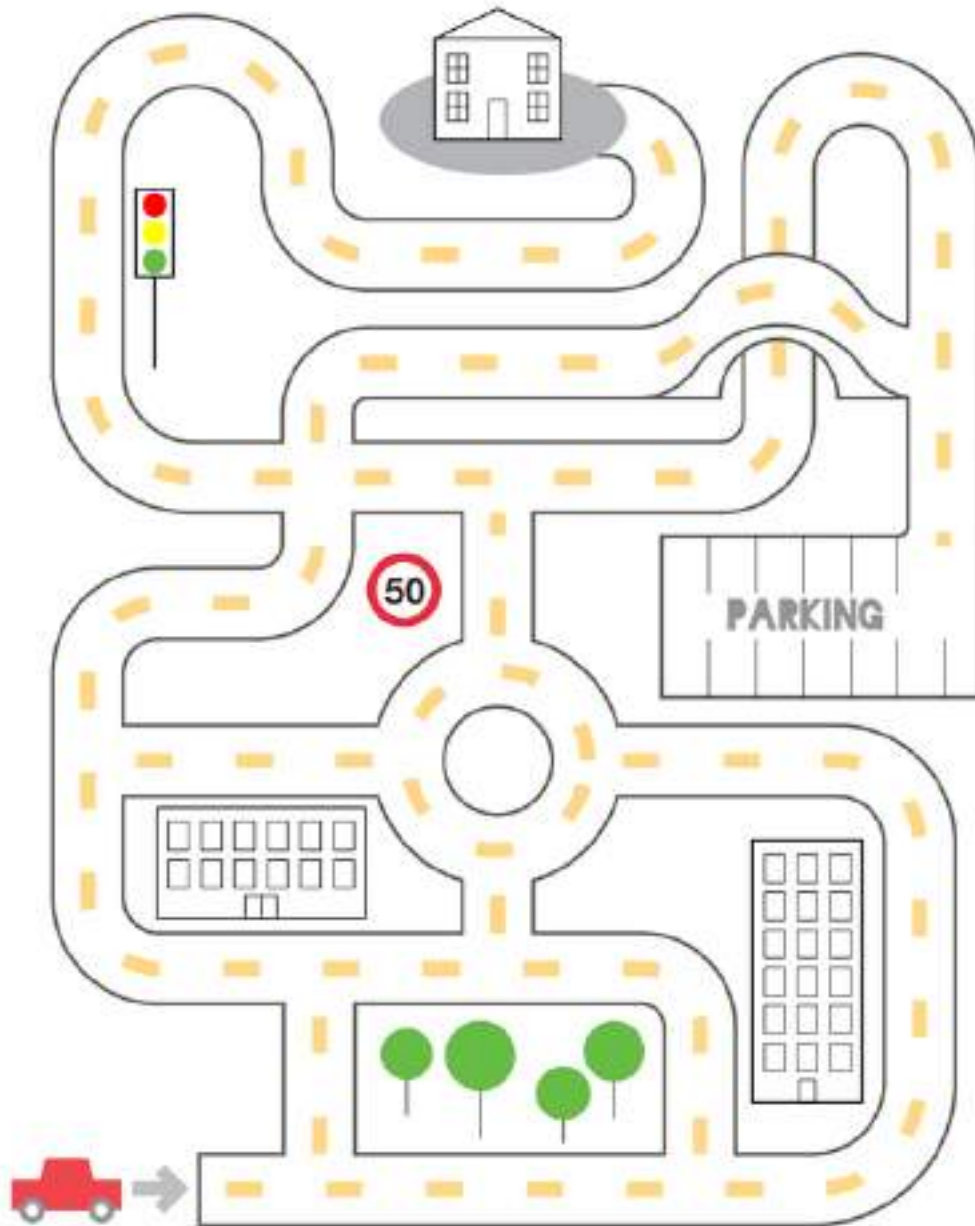


# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #3

## THE ROAD HOME MAZE



**FIND YOUR WAY HOME!**

Retrieved from Mr. Printables [mrprintables.com](http://mrprintables.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 1

### Puzzle #3 Solution

## THE ROAD HOME MAZE



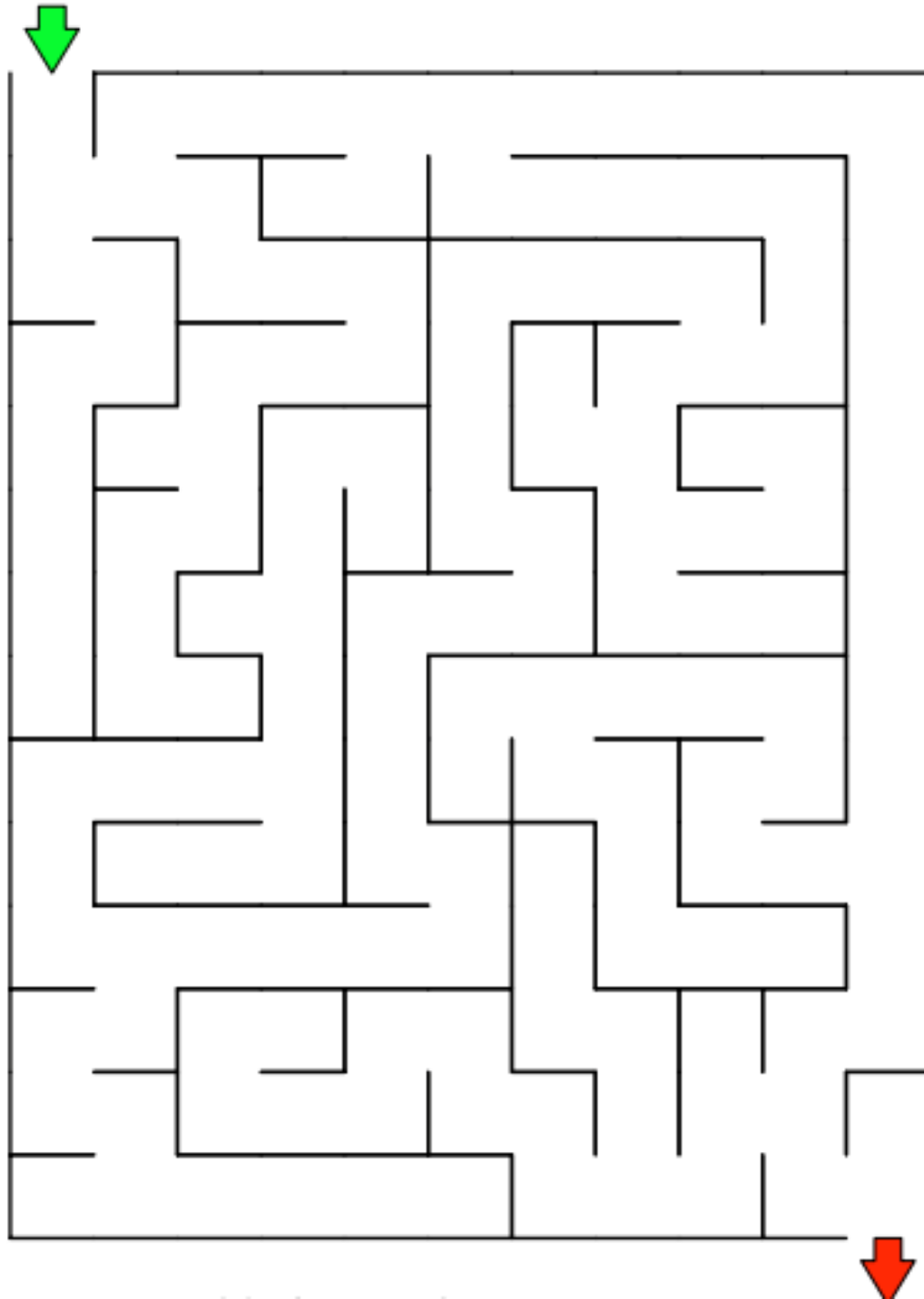
**FIND YOUR WAY HOME!**

*N.B. Multiple solutions possible*

# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #4



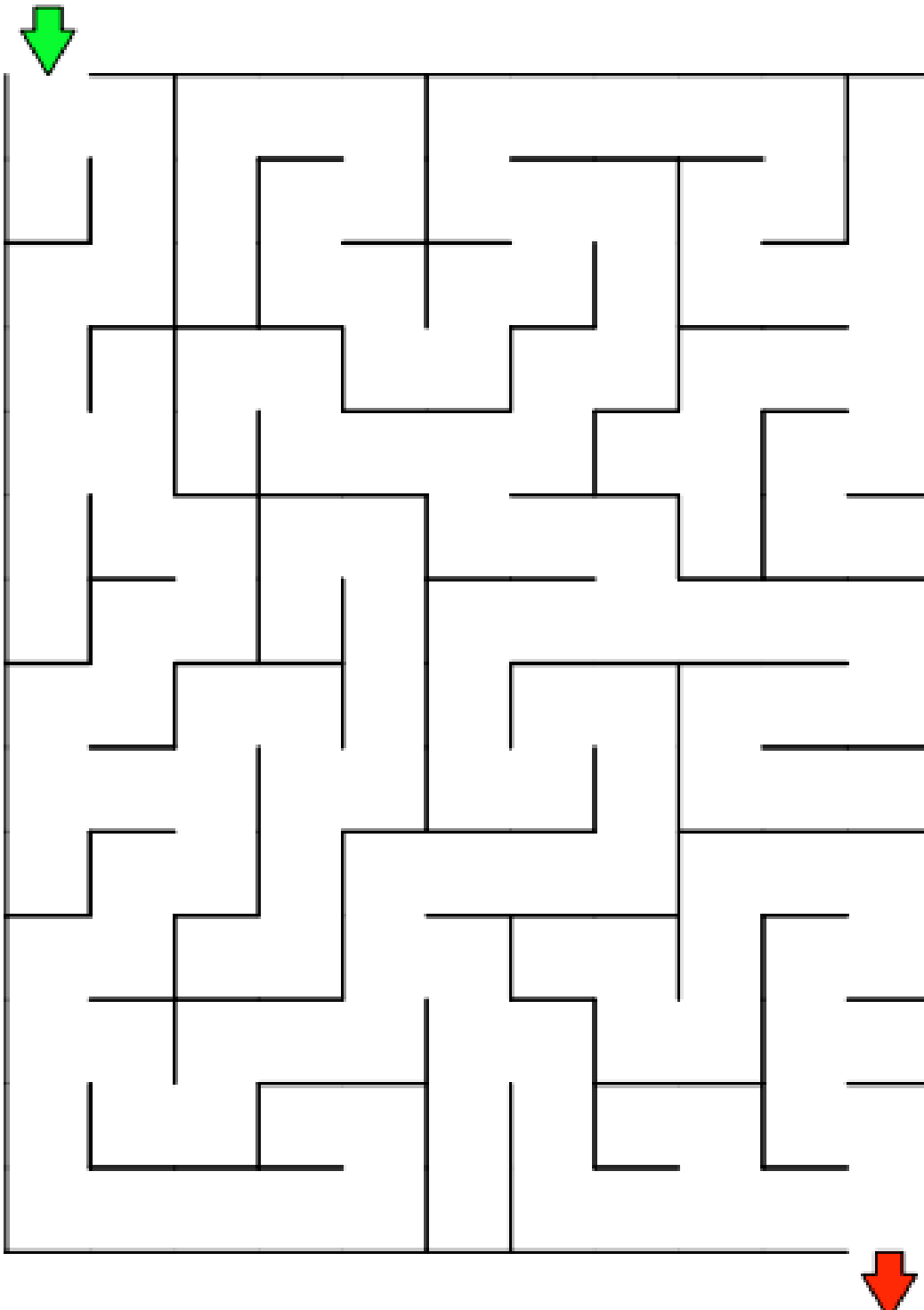
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #5



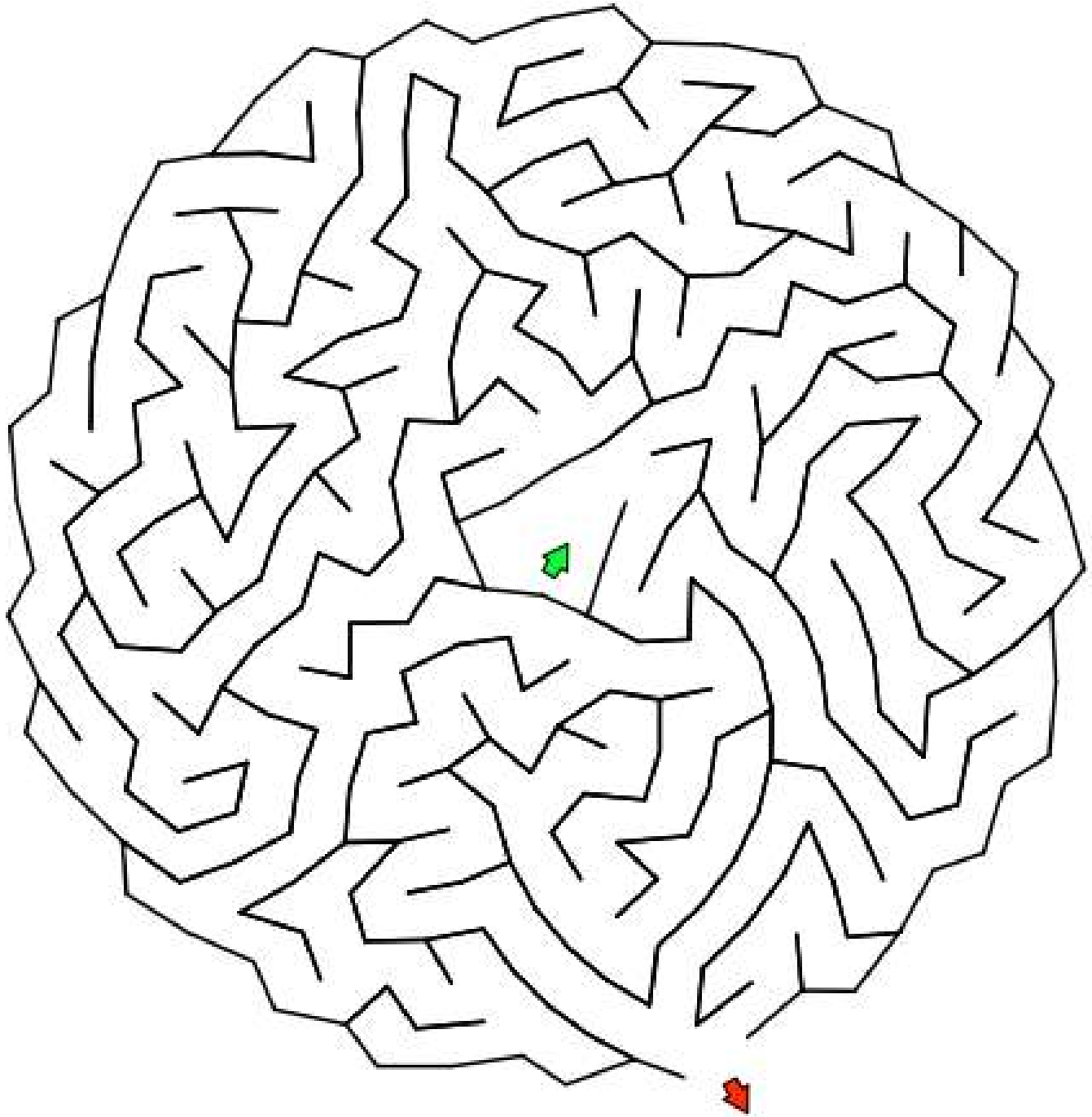
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #6

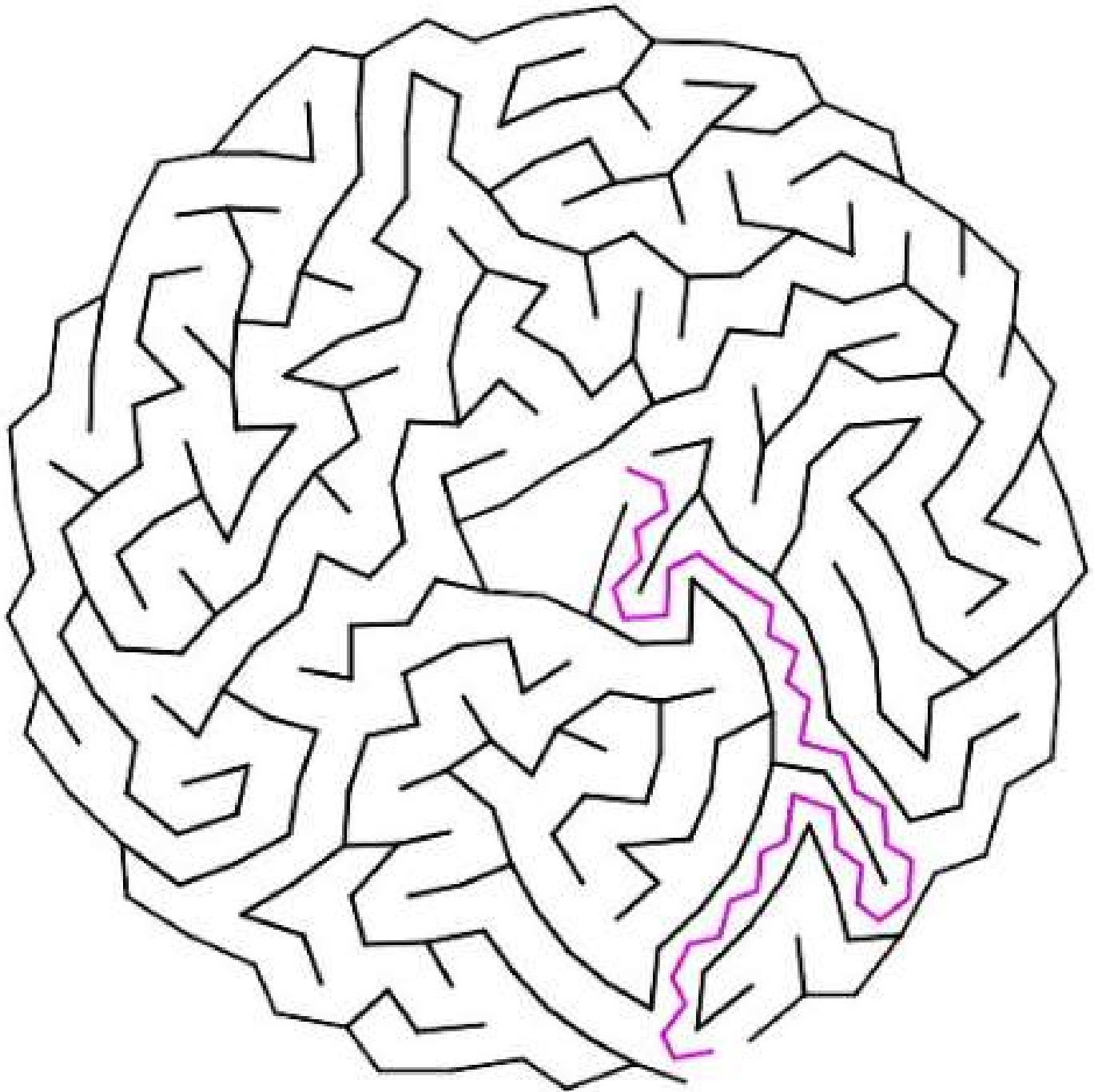


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 1

### Puzzle #6 Solution

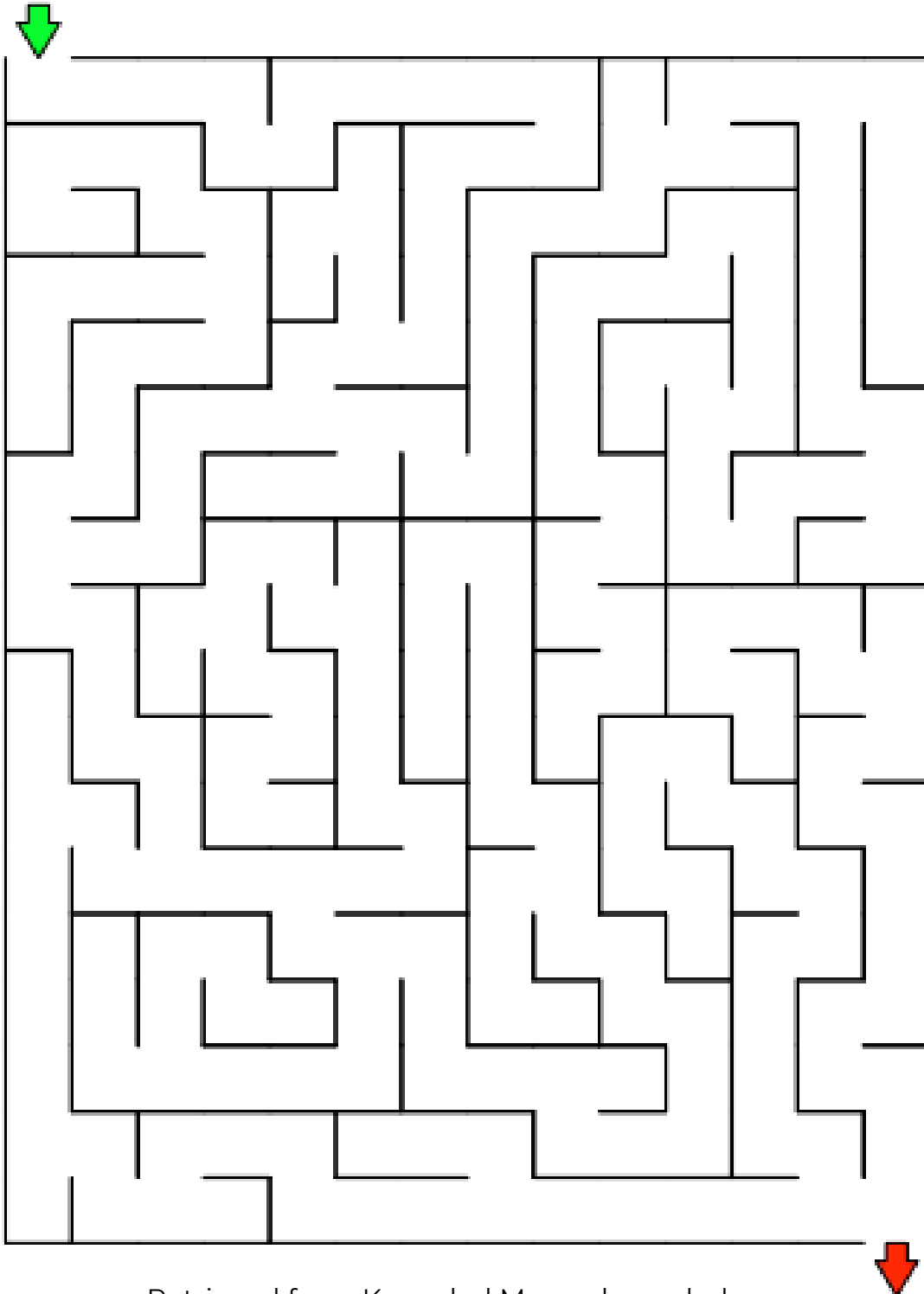


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #7



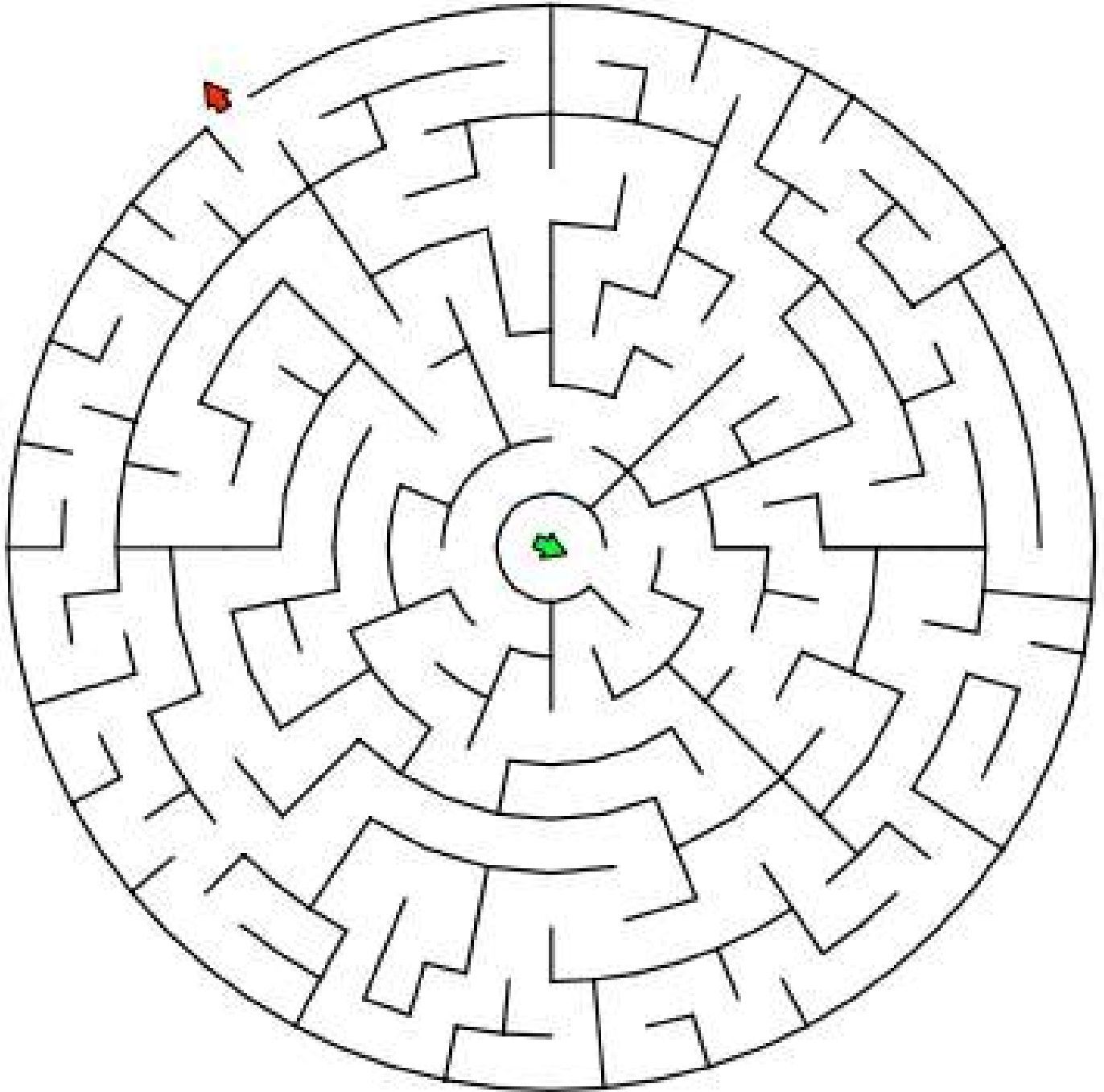
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 1

### Puzzle #8



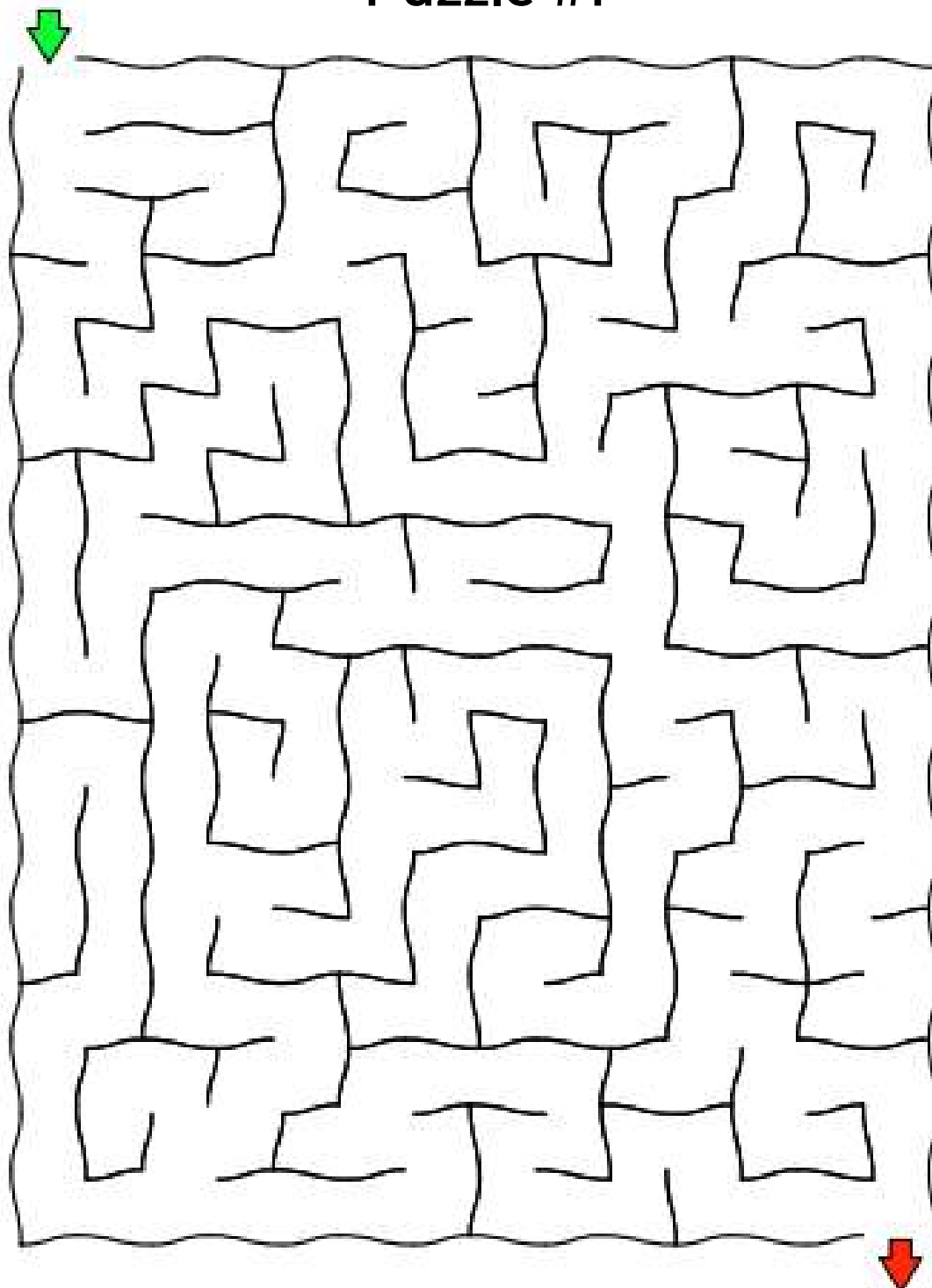
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 2

### Puzzle #1



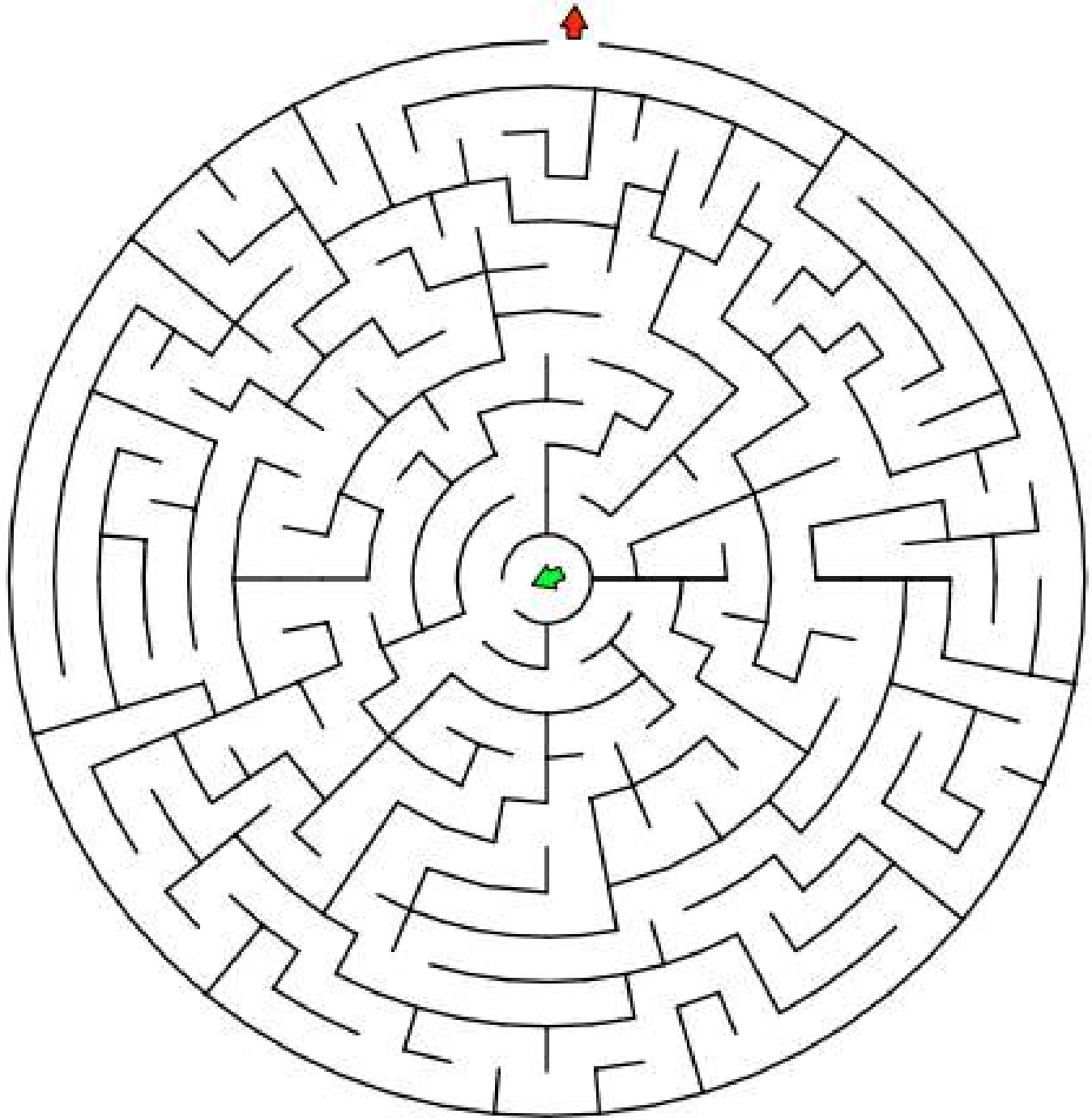
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 2

### Puzzle #2



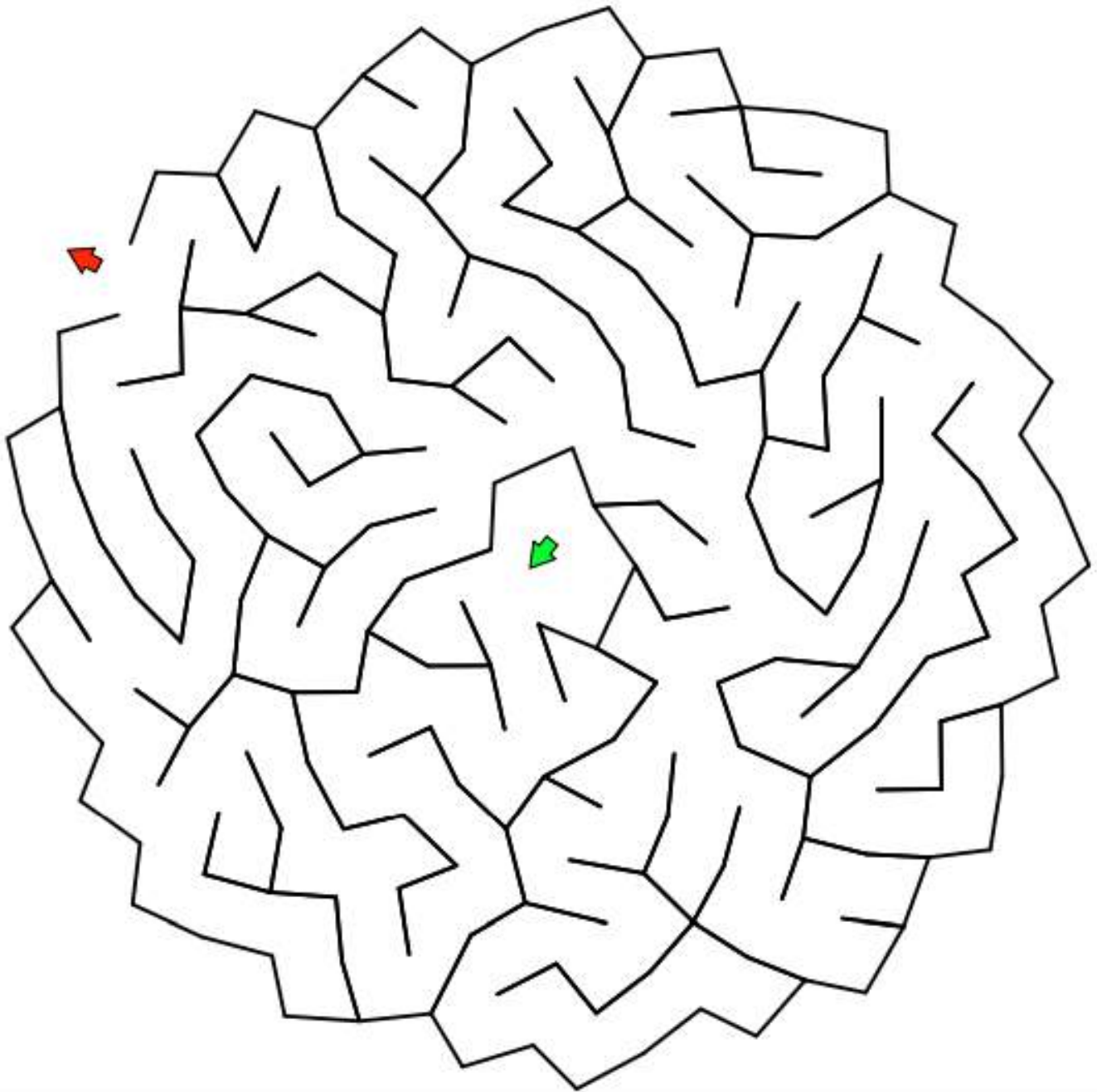
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 2

### Puzzle #3

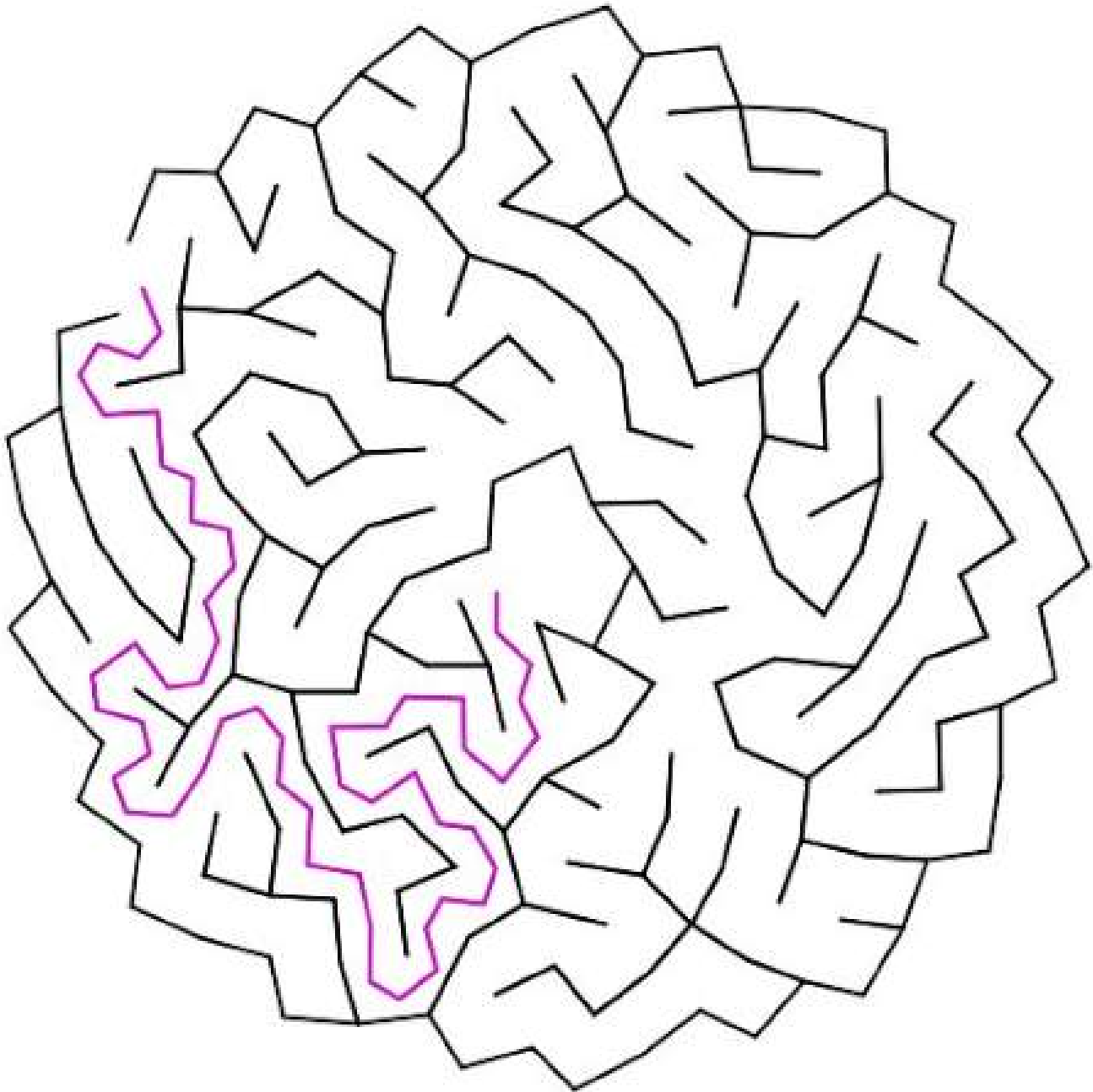


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# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 2

### Puzzle #3 Solution

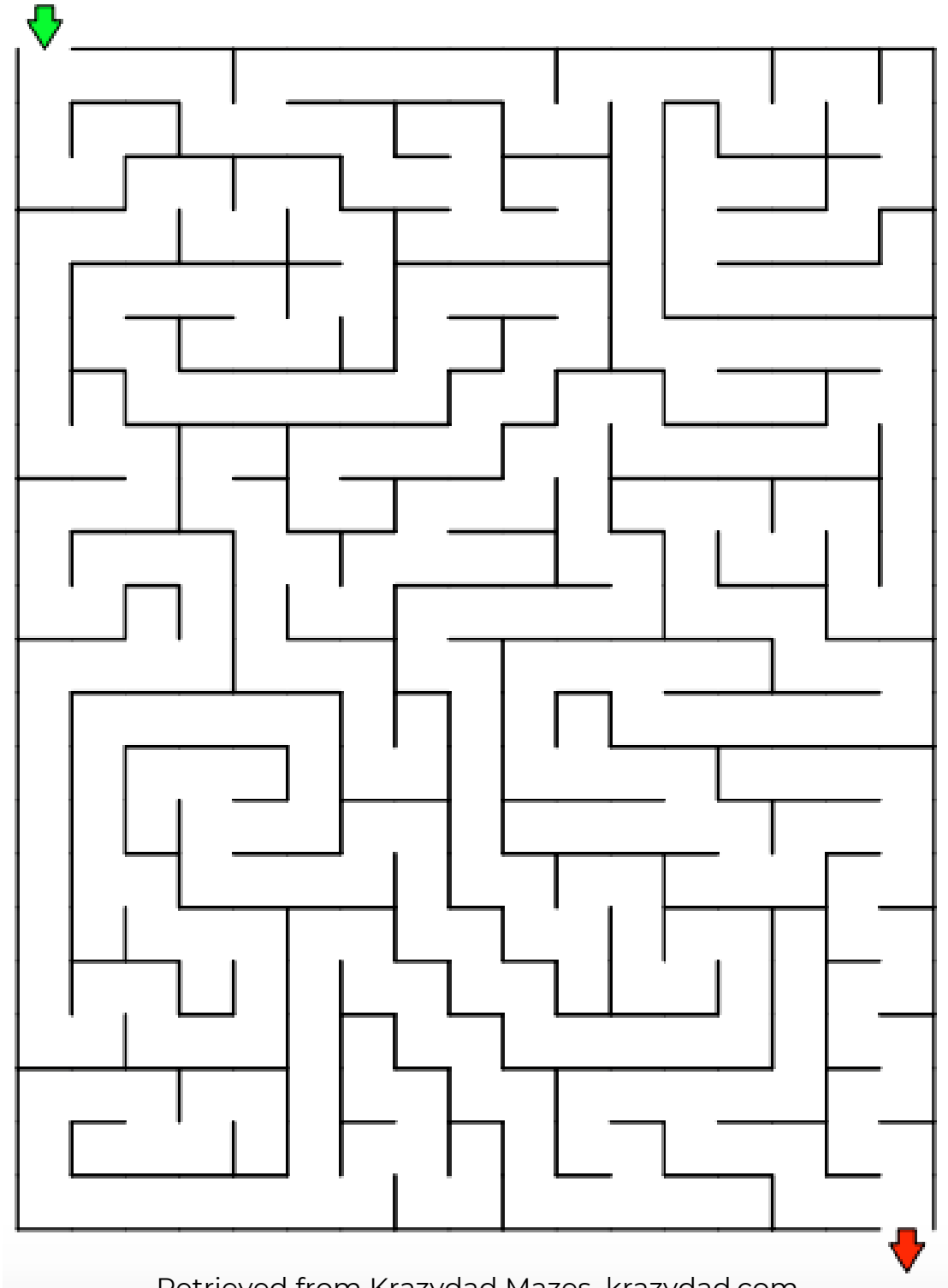


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET

## Maze Level 2

### Puzzle #4



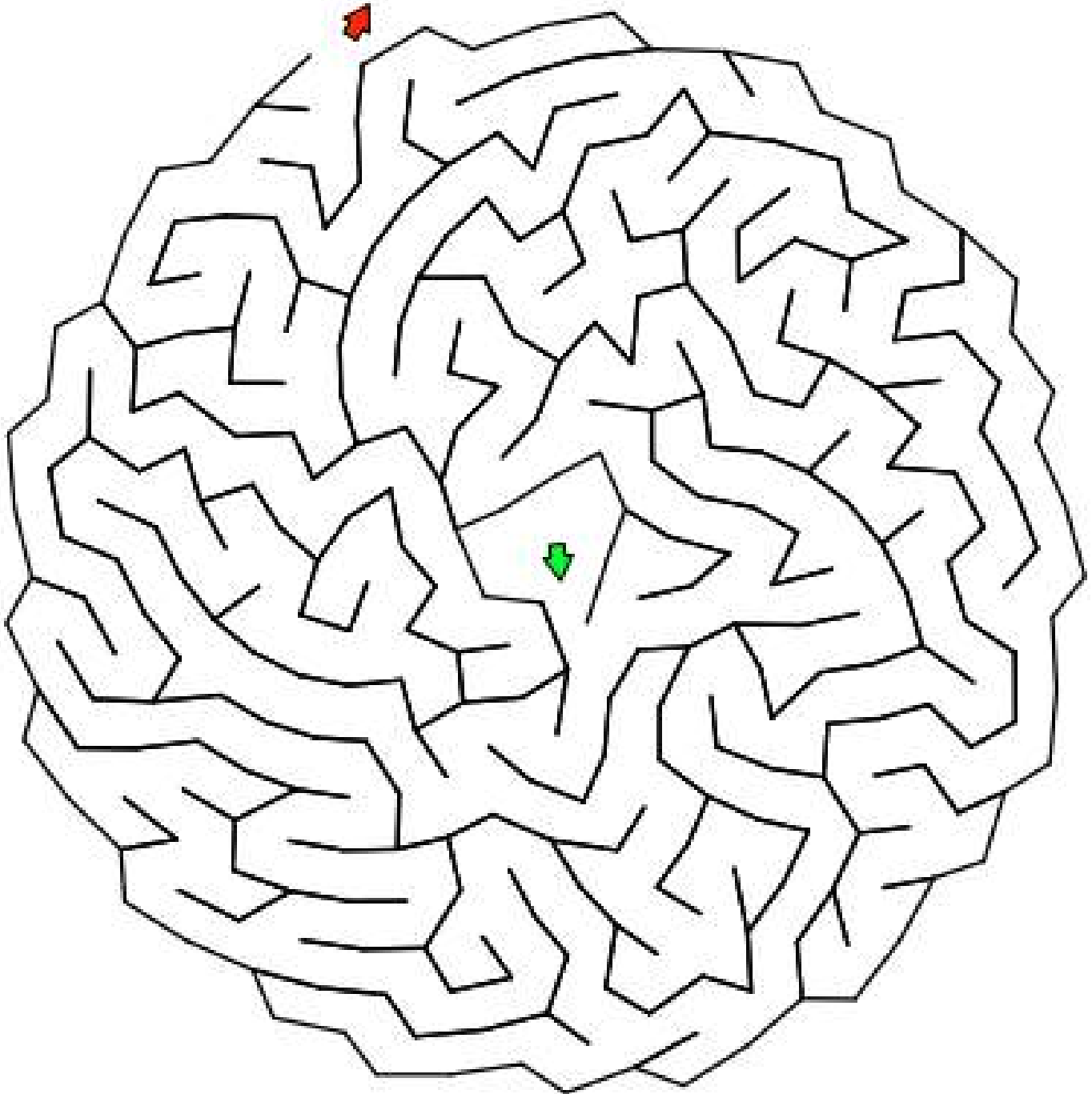
Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)



# BRAIN GAME BOOKLET

## Maze Level 2

### Puzzle #5

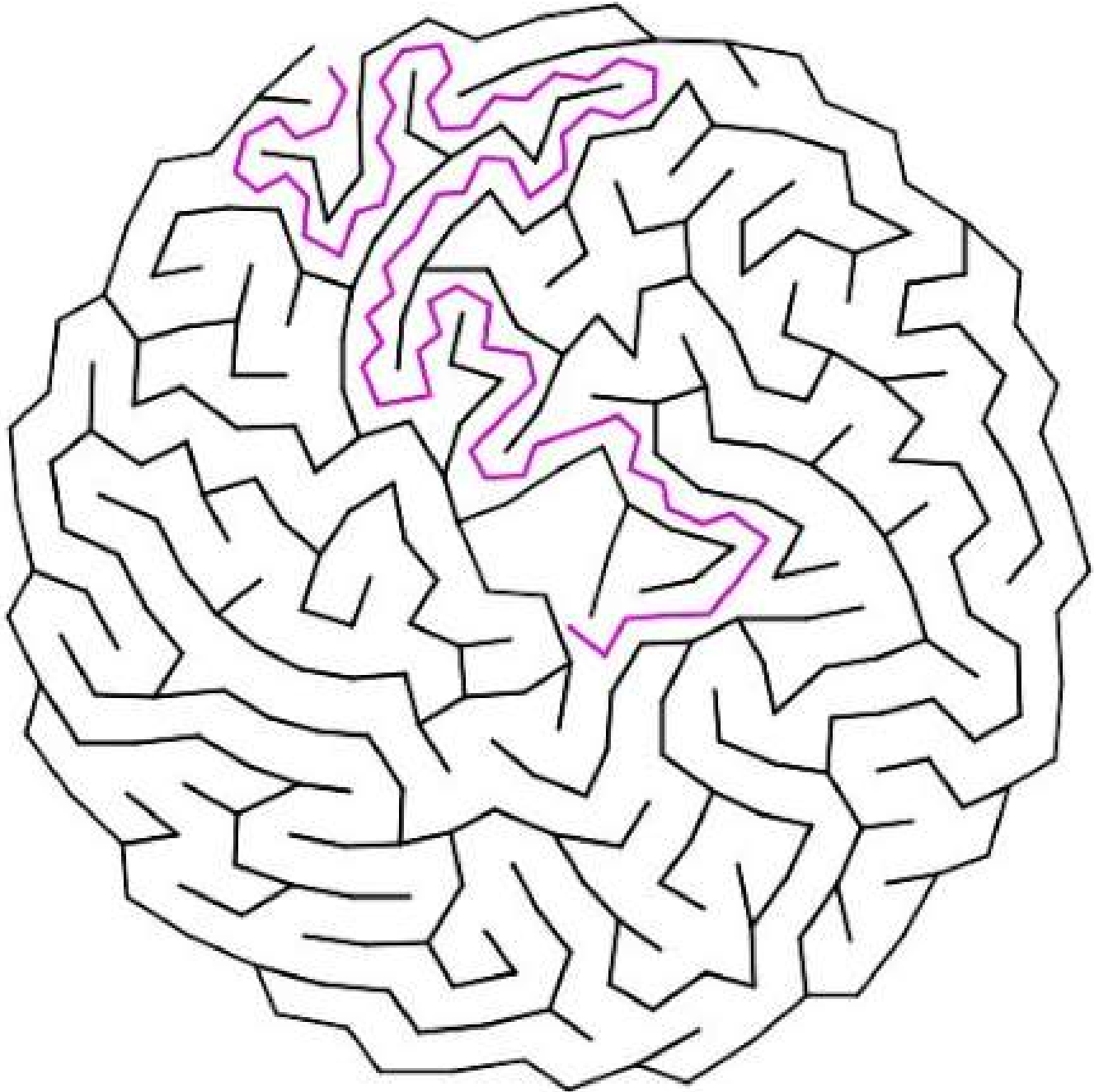


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 2

### Puzzle #5 Solution

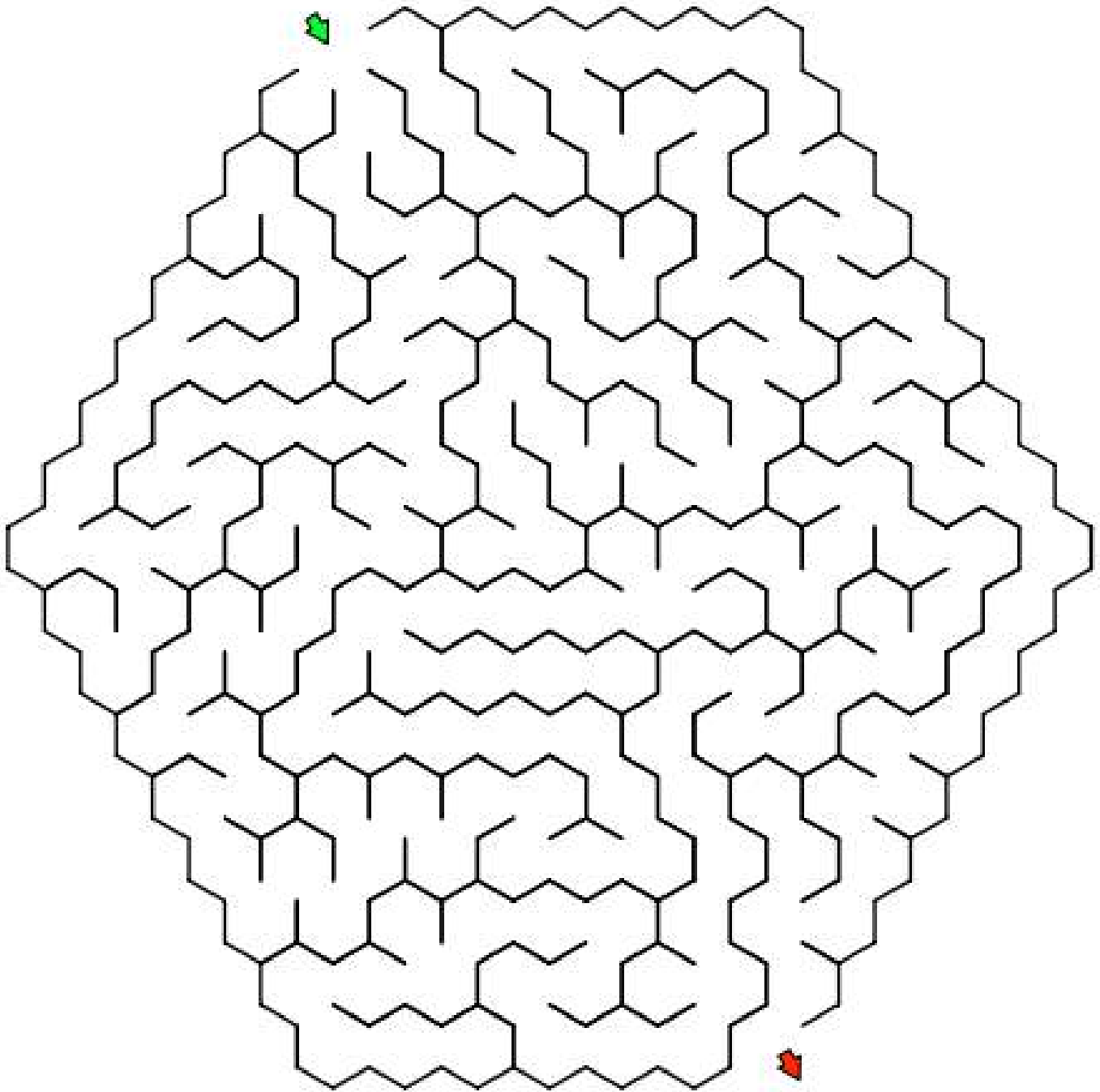


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET

## Maze Level 3

### Puzzle #1

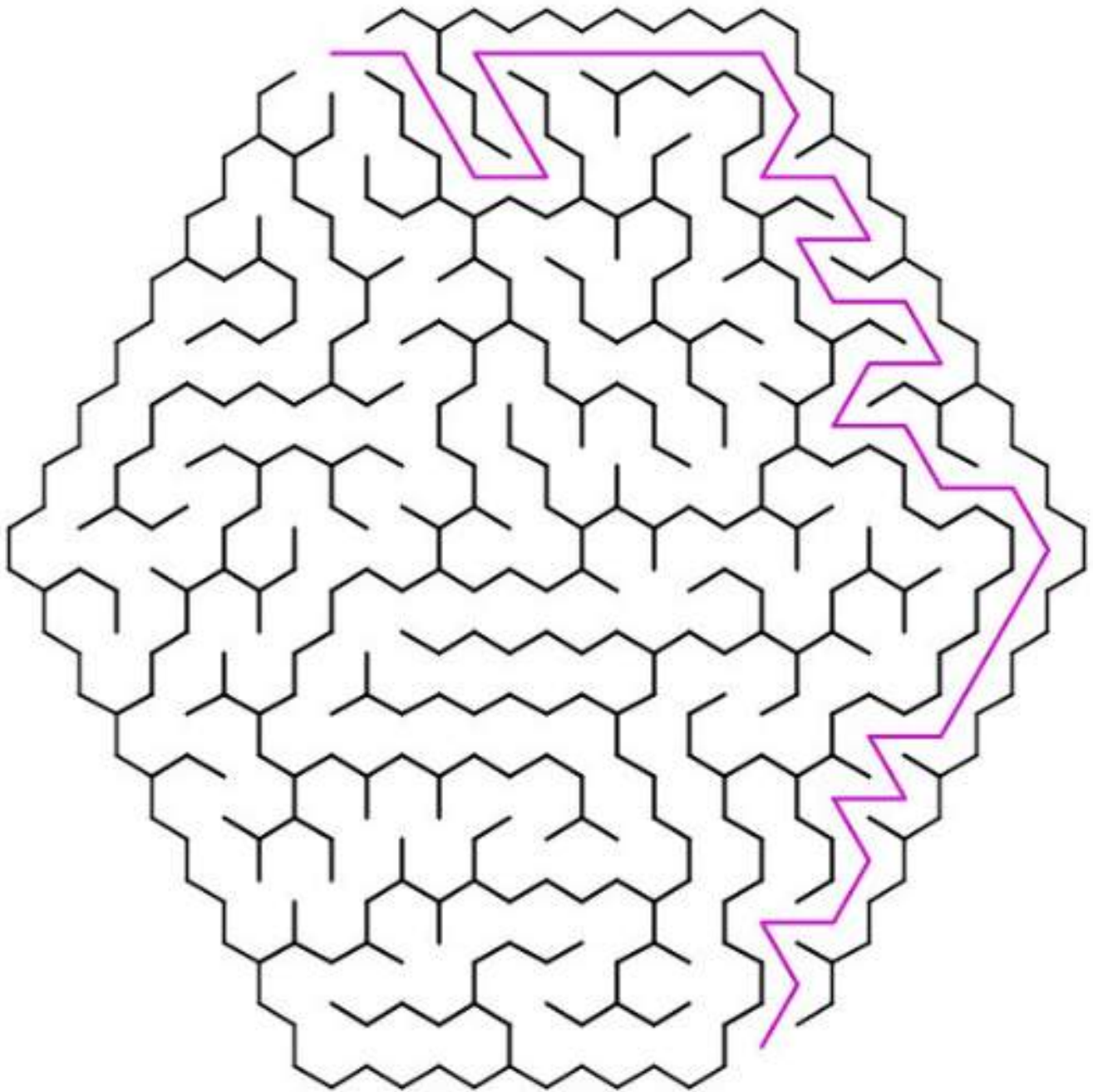


Retrieved from Krazydad Mazes [krazydad.com](http://krazydad.com)

# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 3

### Puzzle #1 Solution

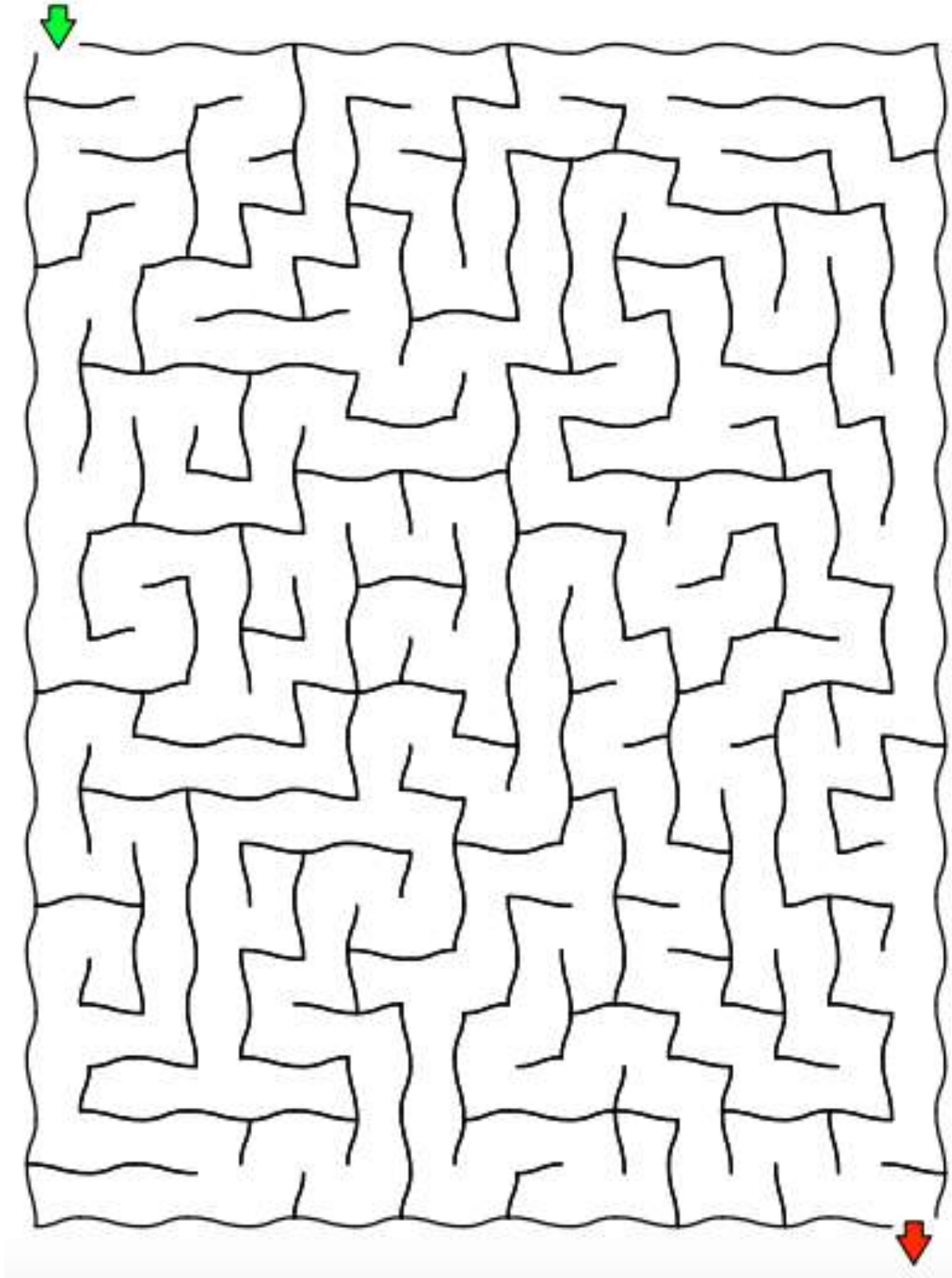


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# BRAIN GAME BOOKLET

## Maze Level 3

### Puzzle #2



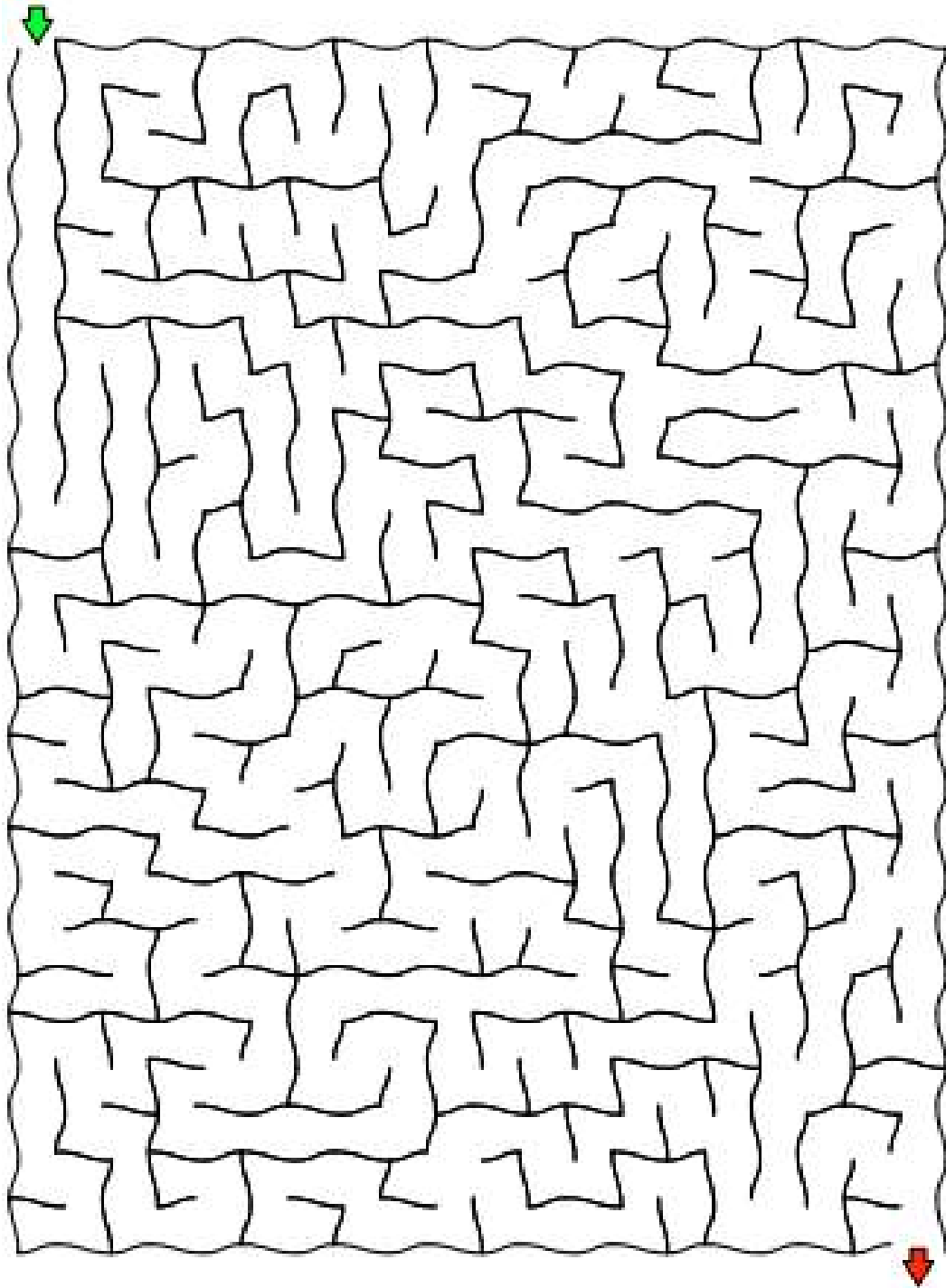
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# BRAIN GAME BOOKLET

## Maze Level 3

### Puzzle #3



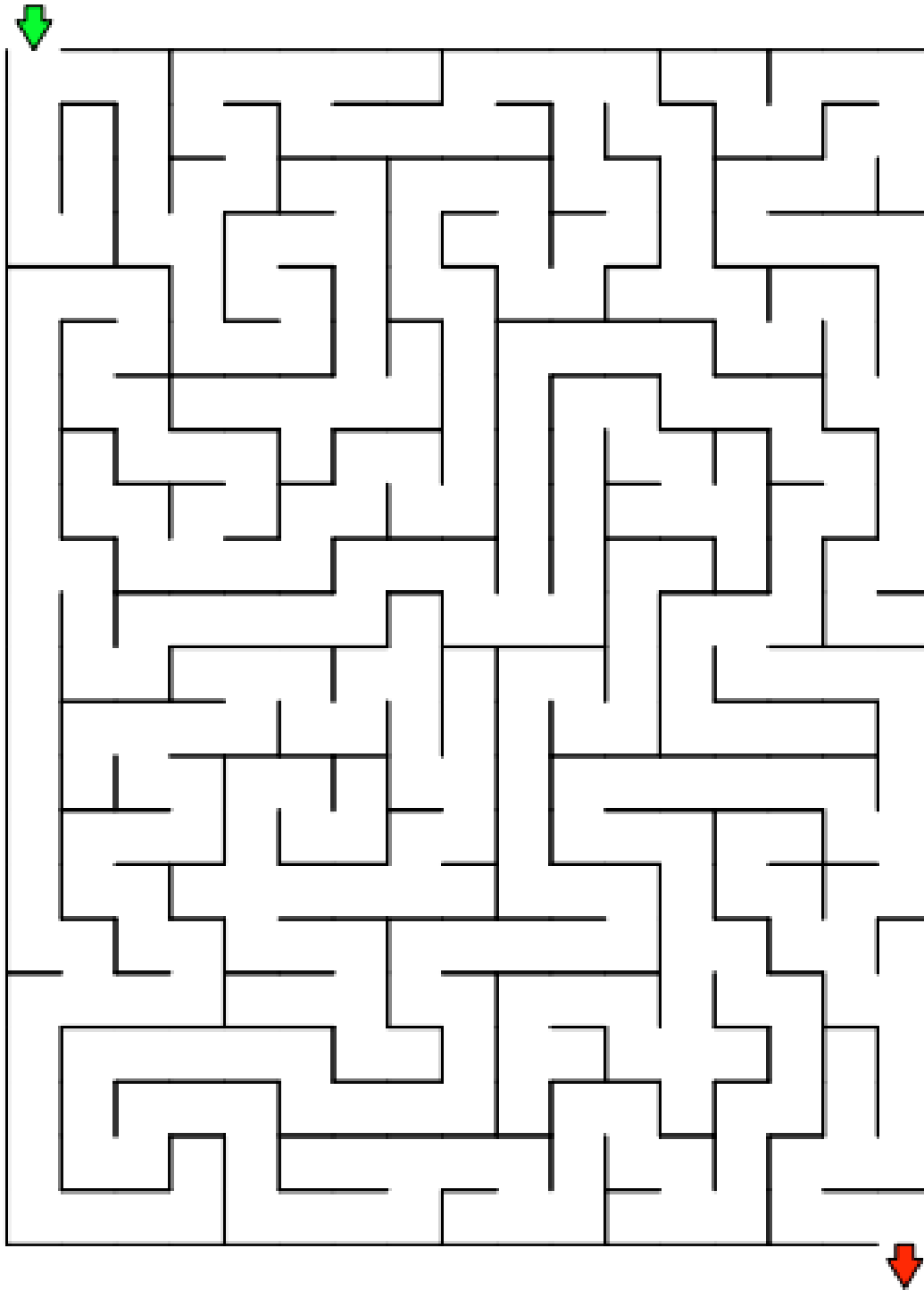
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# BRAIN GAME BOOKLET

## Maze Level 3

### Puzzle #4

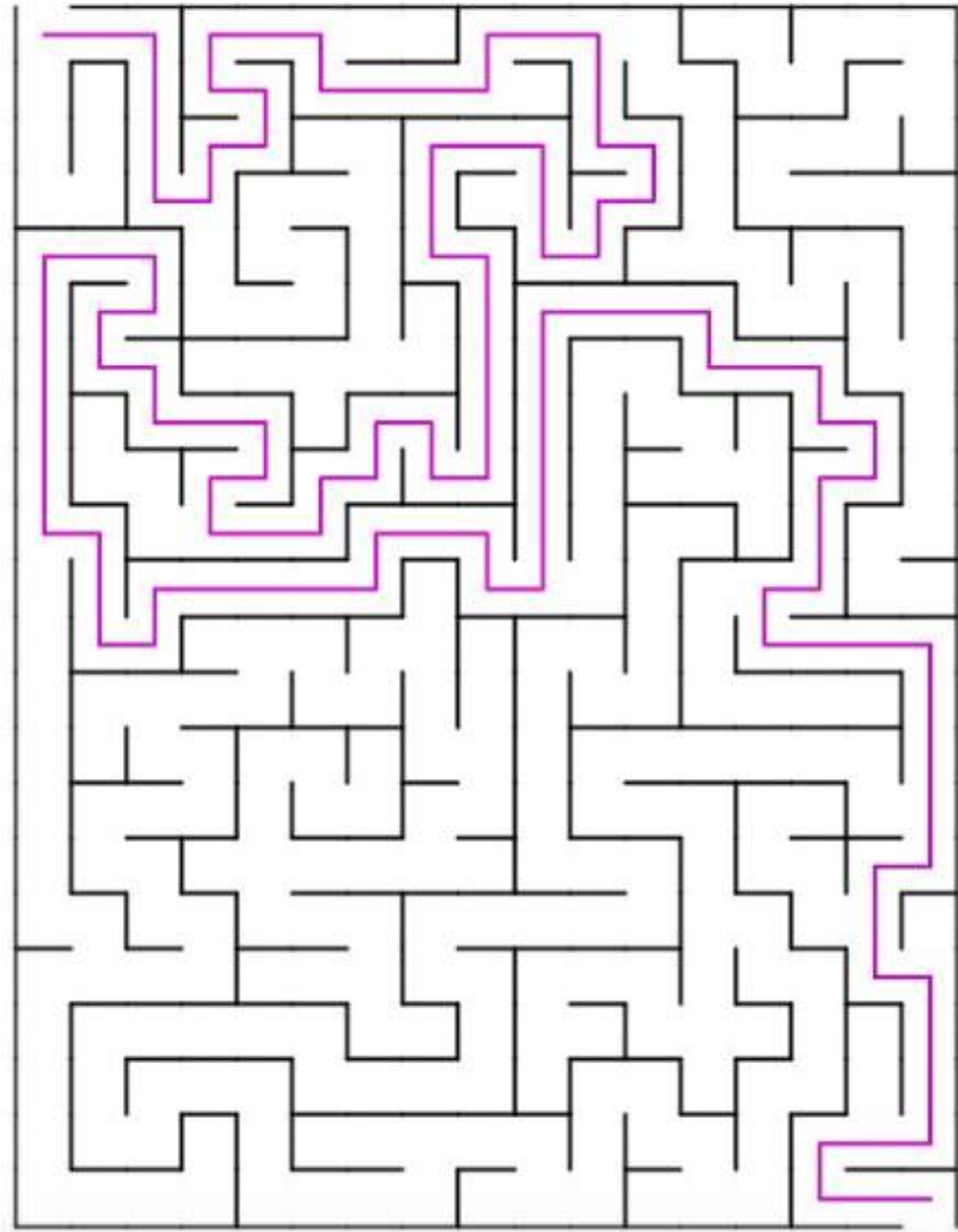


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# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 3

### Puzzle #4 Solution

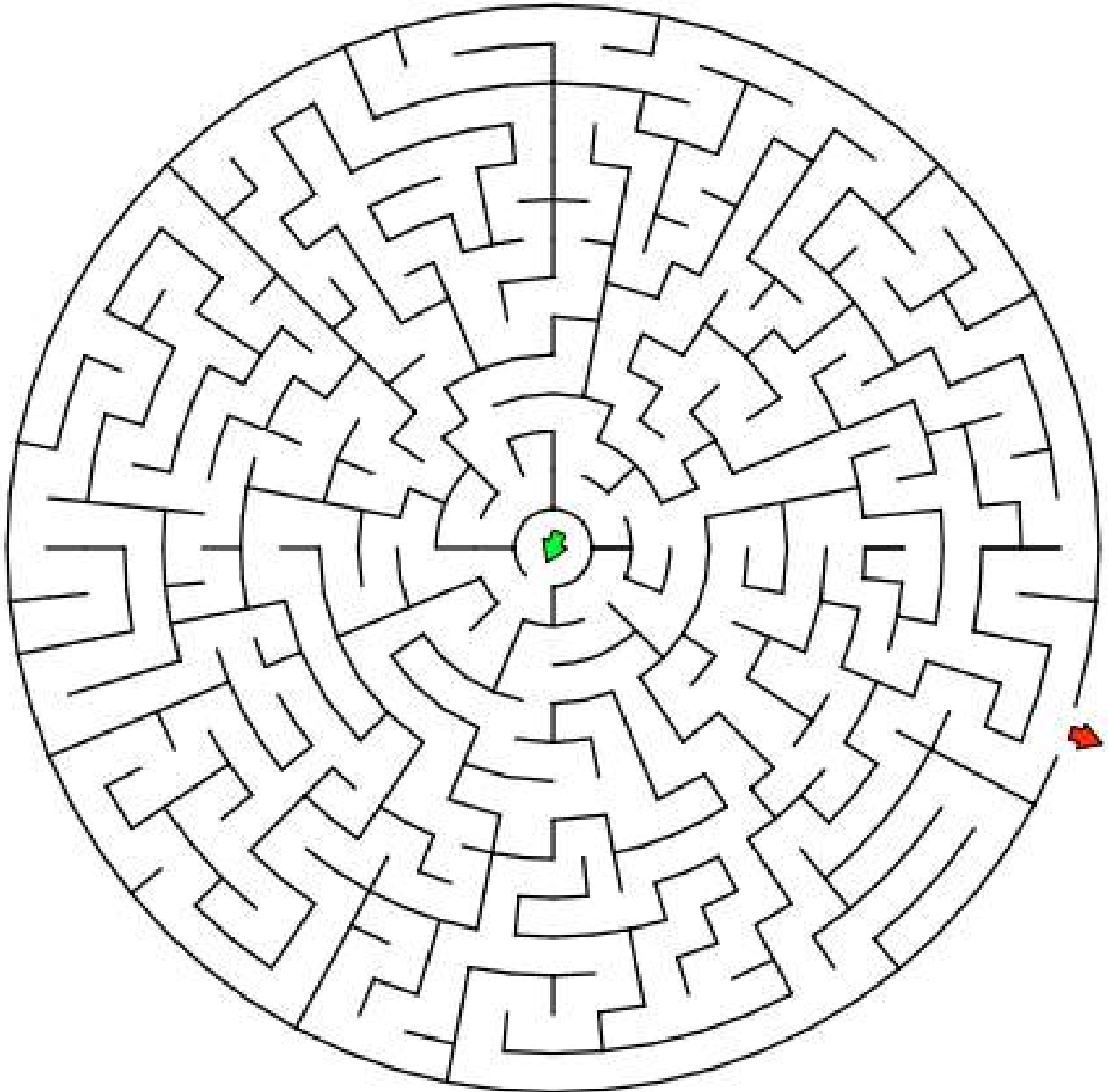


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# BRAIN GAME BOOKLET

## Maze Level 3

### Puzzle #5

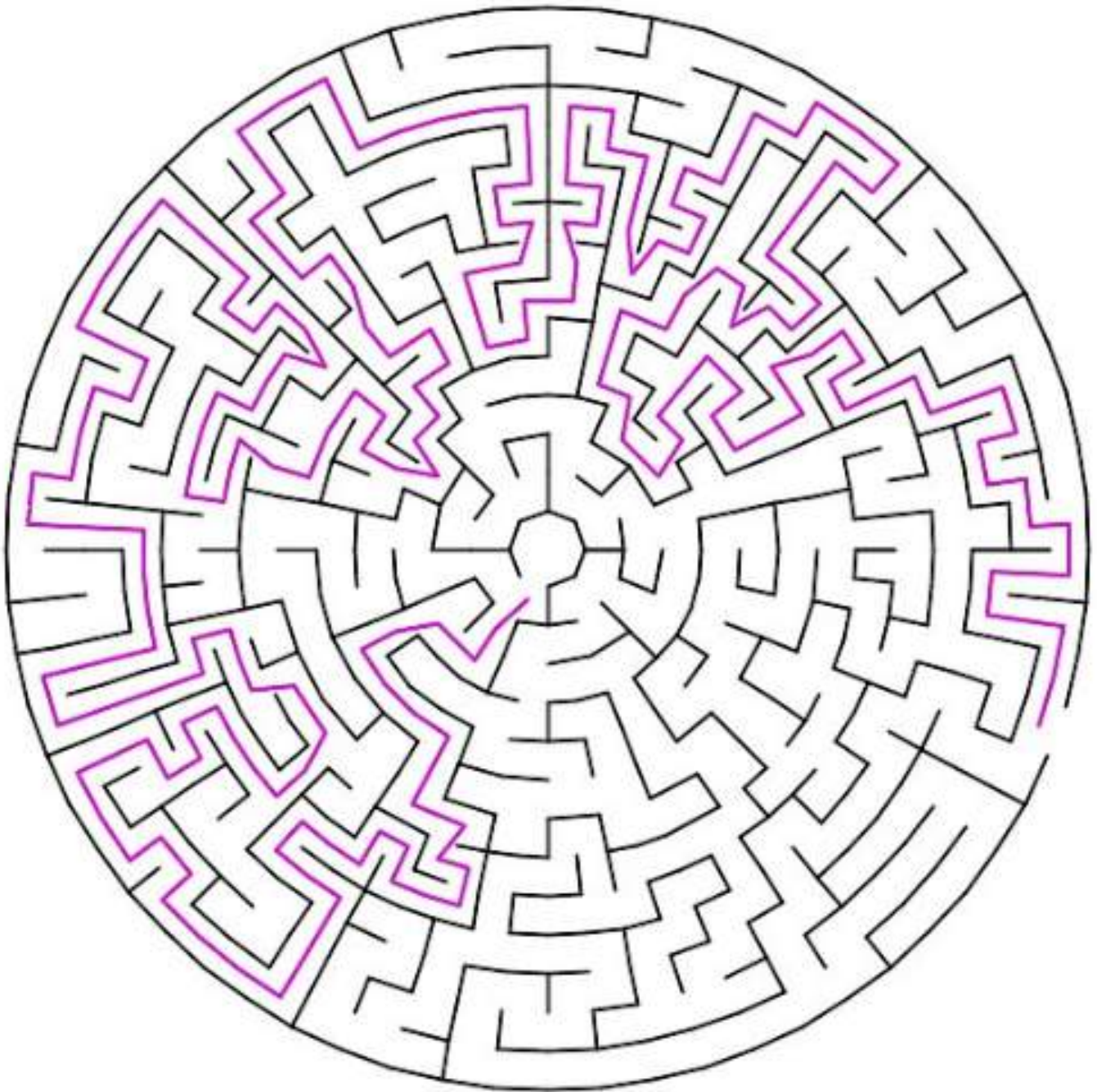


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# BRAIN GAME BOOKLET SOLUTIONS

## Maze Level 3

### Puzzle #5 Solution



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# END OF COGNITIVE TOOLKIT