

COGNITIVE EXERCISES #2

**KEEP
IT ON** *Empowering
people with
Parkinson's*

KEEP IT FUN!

Having an active and varied routine is one way to counteract the effects of a degenerative disease like Parkinson's. It is essential to take care of yourself by weighing yourself regularly, monitoring your blood pressure, doing an adequate amount of exercise and following a balanced diet, but it is also important to exercise your brain. It is recommended that you make this part of your weekly routine.

WE CAN HELP YOU ORGANISE YOUR ACTIVITY SCHEDULE, BUT DON'T FORGET TO ALWAYS CONSULT YOUR DOCTOR.

MONDAY



Cognitive training exercises (1-4)

TUESDAY



Physical exercise for 30 minutes

WEDNESDAY



Cognitive training exercises (5-8)

THURSDAY



Choose low-salt meals and review your diet for the week

FRIDAY



Cognitive training exercises (9-12)

SATURDAY



Physical exercise for 30 minutes

SUNDAY



Record your weight and check your blood pressure. Discuss these with your doctor.

Instructions for the cognitive training exercises

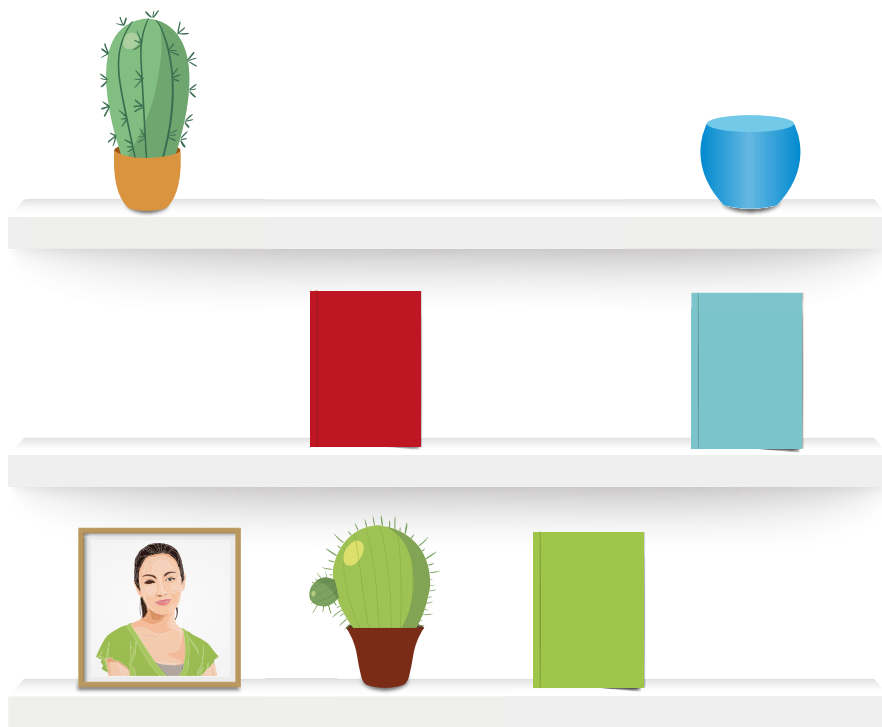
To facilitate your cognitive training, we have prepared ready-to-print worksheets. To do the exercises, you should find a comfortable, quiet environment and have a pencil and an eraser with you. Follow the instructions for each exercise provided throughout the worksheet.

HAVE FUN AND KEEP IT ON

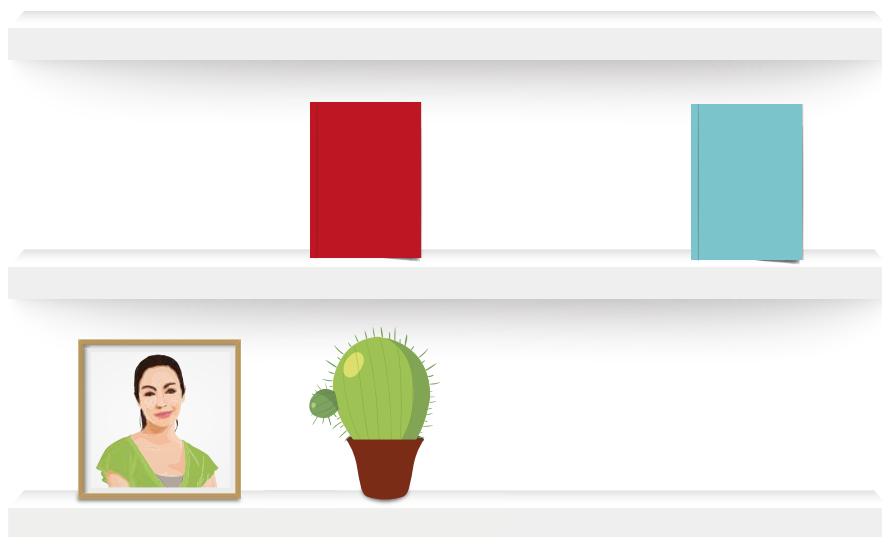




Memorise the picture below.



Without looking at the image again, circle the missing elements:





Compare the two pages and point out the differences on the right-hand page.

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



Circle the picture that has the blue hexagon to the right of the red pentagon and to the right of the orange circle.

Circle the picture that has the blue pentagon to the right of the orange circle and to the right of the yellow circle.

Circle the picture that has the red square to the right of the blue circle and the blue pentagon on top.

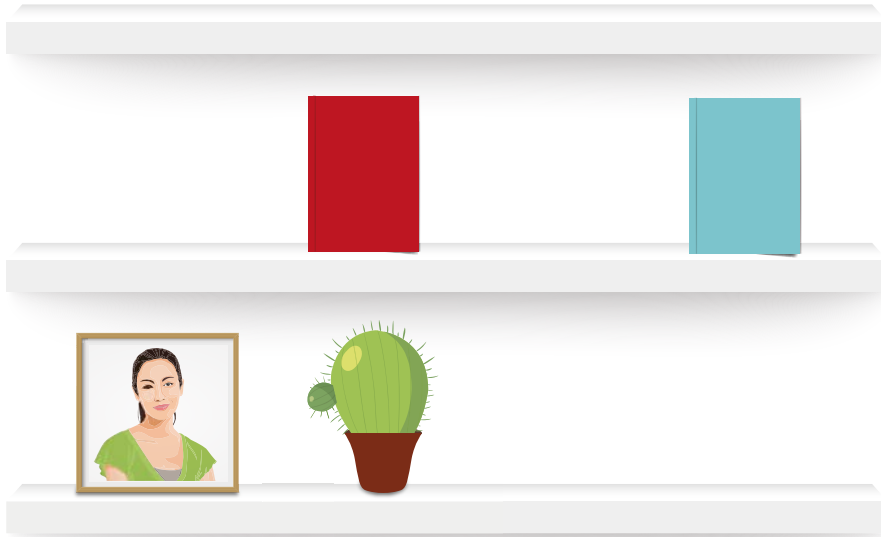


Look for and circle the even numbers that are followed by number 2.

2	4	2	1	2	3	4	6	9	4	5	2
4	6	3	3	4	2	8	2	0	7	3	7
6	2	7	9	2	7	2	8	4	1	8	6
3	8	1	7	9	5	1	5	7	9	4	3
8	7	8	4	8	1	8	6	2	3	1	2
0	2	0	7	0	4	2	1	5	2	6	4
2	3	2	2	1	4	1	9	8	9	9	3
3	0	1	1	8	3	3	6	1	6	1	9
4	2	6	3	4	8	7	1	9	5	2	0
6	4	4	8	3	7	2	3	4	3	5	1
7	6	3	6	5	8	3	4	7	6	7	5
3	5	6	2	1	4	8	7	8	3	2	6
1	4	7	1	6	2	6	4	2	9	2	9



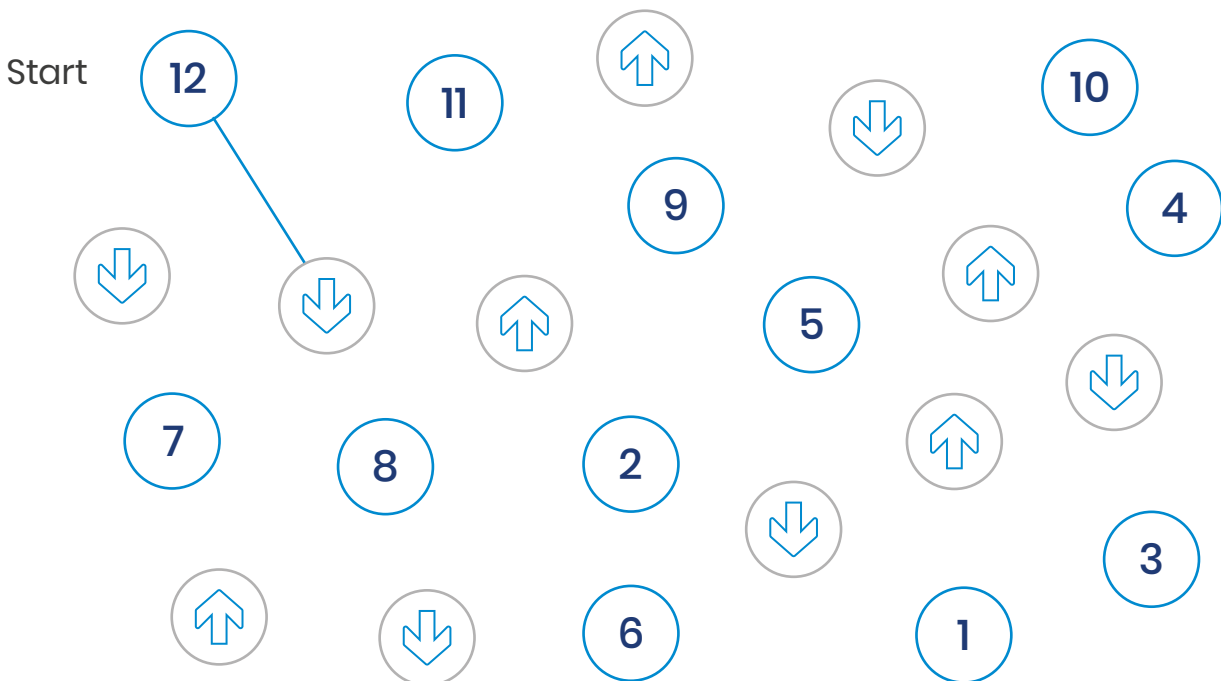
Do you remember the picture you had to memorise?
Circle the missing elements:



EXECUTIVE FUNCTIONS



Link the circles below alternating the two categories (numbers and arrows).
 Link the numbers in descending order and alternate the direction of the arrows.





Memorise the task list below.

TODAY'S TASKS

10.00 a.m. **Hydrogymnastics class**

11.30 a.m. **Go to the supermarket**

3:00 p.m. **Go to the post office**

4:30 p.m. **Pick up grandson from school**

ATTENTION



On each line, **circle** the target symbols on the left-hand side. Repeat the task on consecutive lines, alternating between the lines.



Do you remember the tasks you had to memorise?

Match each task to its time.

TODAY'S TASKS

- 3:00 p.m. **Go to the supermarket**
- 11.30 a.m. **Hydrogymnastics class**
- 10.00 a.m. **Pick up grandson from school**
- 4:30 p.m. **Go to the post office**

CONSTRUCTIVE CAPACITY

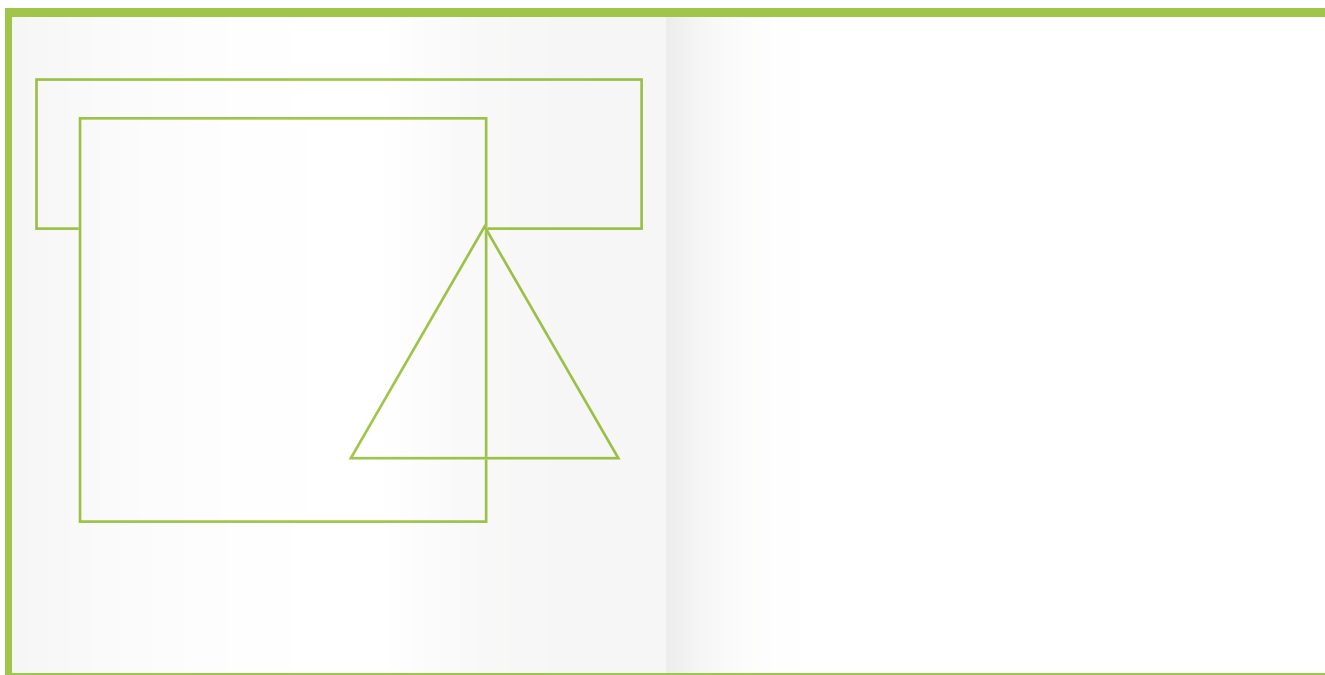
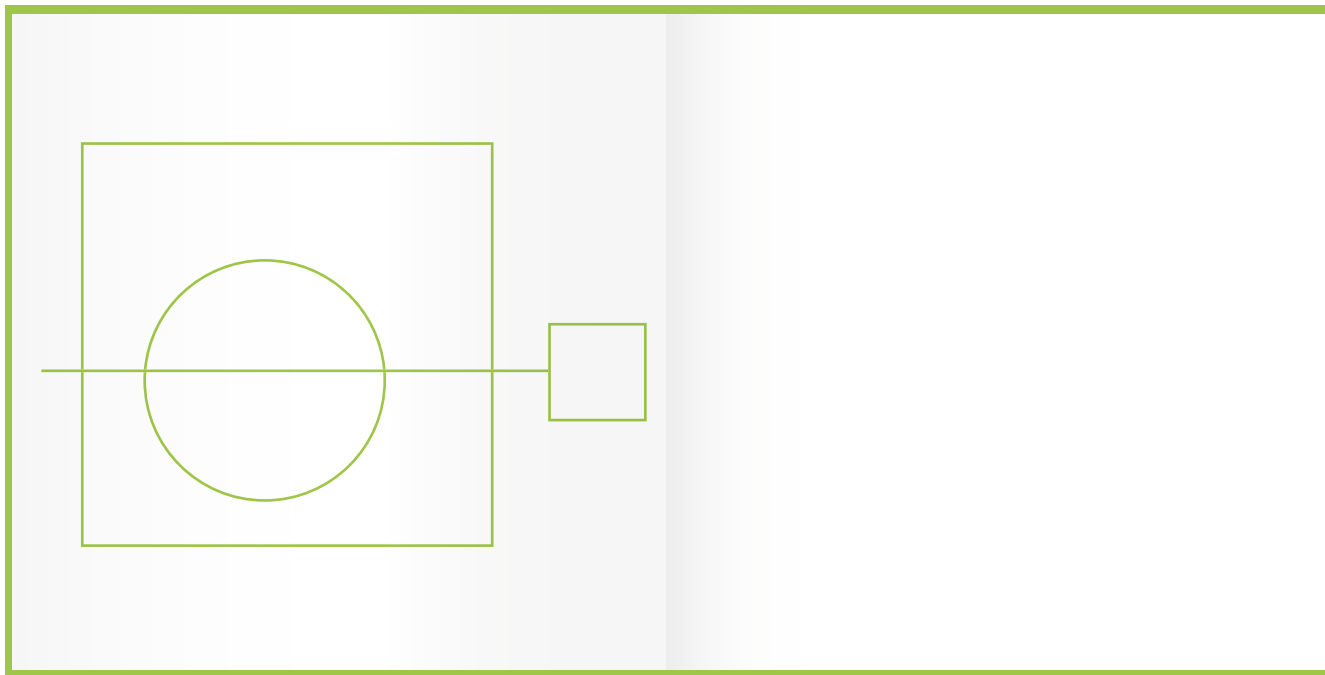


Copy the drawings below.



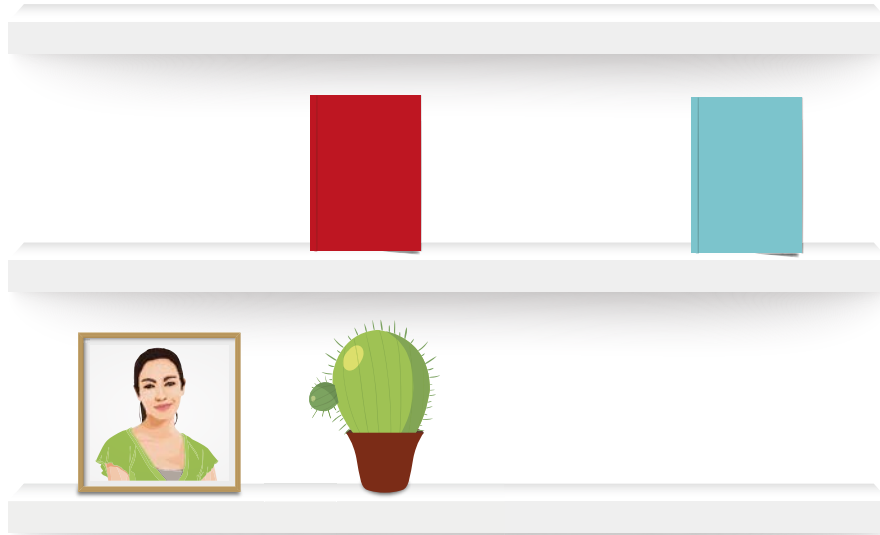


Copy the drawings below.





Do you remember the picture you had to memorise?
Circle the missing elements.



Write 10 names of animals and 10 names of fruits.

ANIMALS	FRUITS
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10



Memorise the words below.



CALCULATIONS



Solve the following arithmetic operations:

$$\dots + 65 = 93$$

$$\dots + 78 = 102$$

$$\dots + 83 = 121$$

$$\dots - 23 = 52$$

$$\dots - 44 = 11$$

$$\dots - 135 = 87$$

$$\dots \times 12 = 36$$

$$\dots \times 26 = 182$$

$$\dots \times 41 = 492$$



Try to remember the words you memorised in exercise 10 and find them in the grid.

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



Write a summary of a relevant news story you read or heard about this week.

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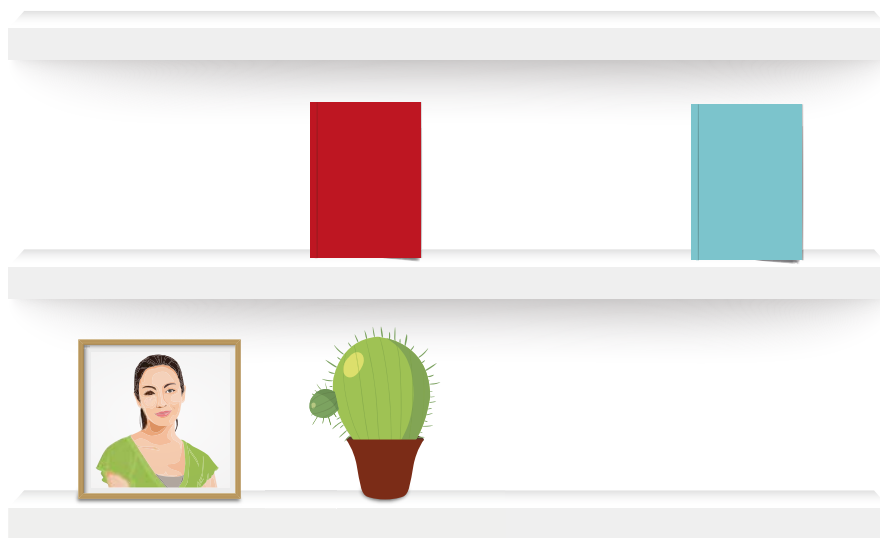
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Do you remember the picture you had to memorise?
Circle the missing elements:



DIARY



Write a summary of your days below. Include personal activities and other information you consider relevant..

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

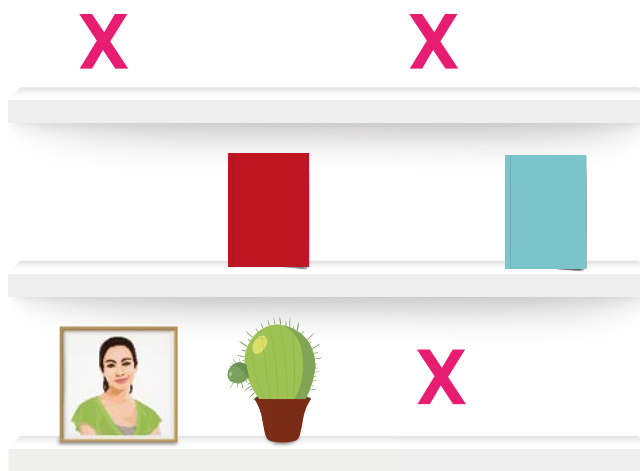
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Sunday

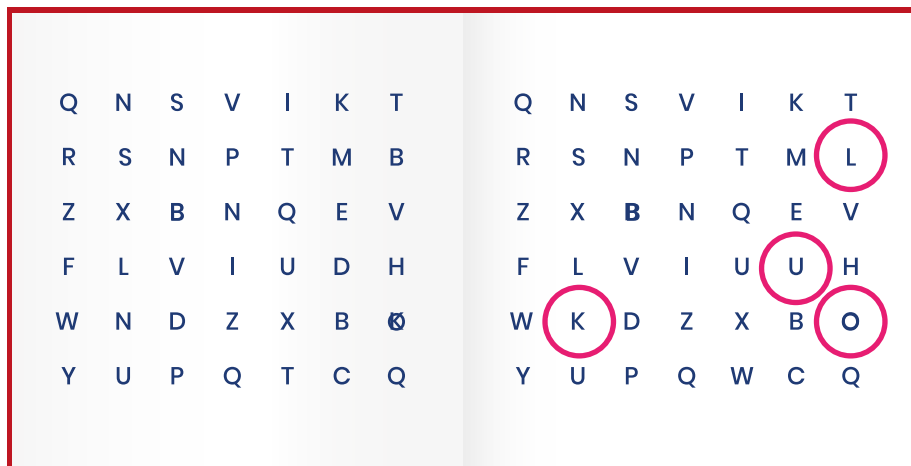
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SOLUTIONS

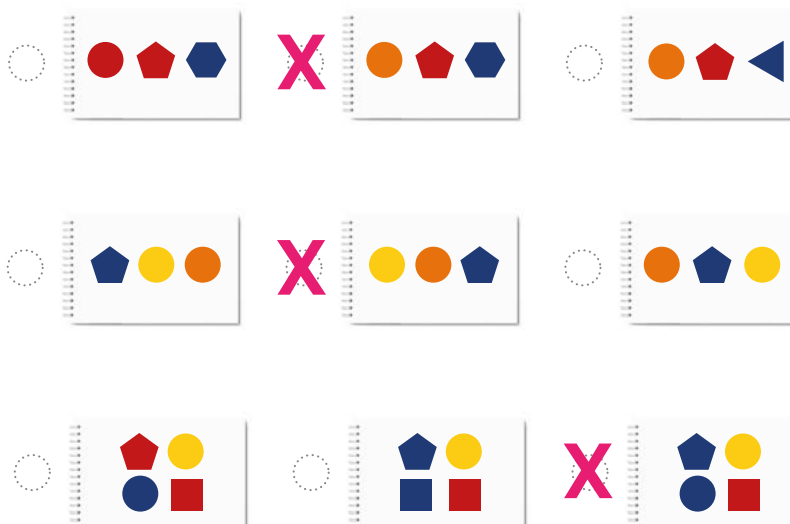
Exercise 1



Exercise 2



Exercise 3

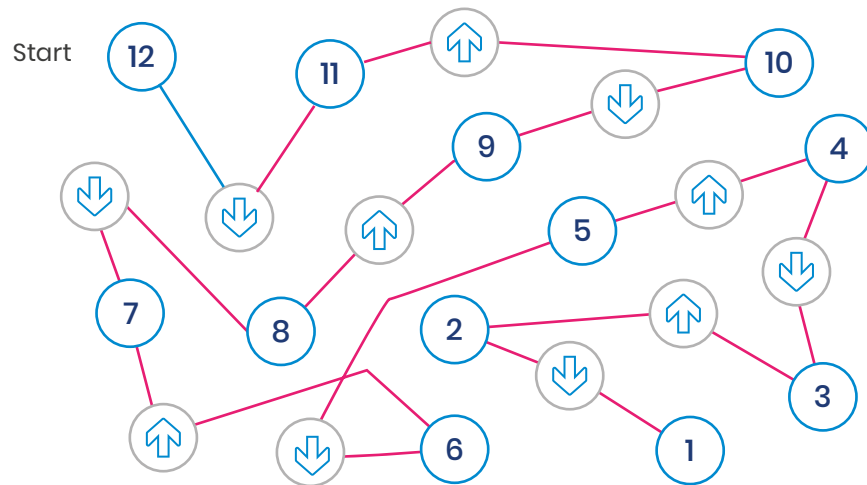


SOLUTIONS

Exercise 4

2	4	2	1	2	3	4	6	9	4	5	2
4	6	3	3	4	2	8	2	0	7	3	7
6	2	7	9	2	7	2	8	4	1	8	6
3	8	1	7	9	5	1	5	7	9	4	3
8	7	8	4	8	1	8	6	2	3	1	2
0	2	0	7	0	4	2	1	5	2	6	4
2	3	2	2	1	4	1	9	8	9	9	3
3	0	1	1	8	3	3	6	1	6	1	9
4	2	6	3	4	8	7	1	9	5	2	0
6	4	4	8	3	7	2	3	4	3	5	1
7	6	3	6	5	8	3	4	7	6	7	5
3	5	6	2	1	4	8	7	8	3	2	6
1	4	7	1	6	2	6	4	2	9	2	9

Exercise 5



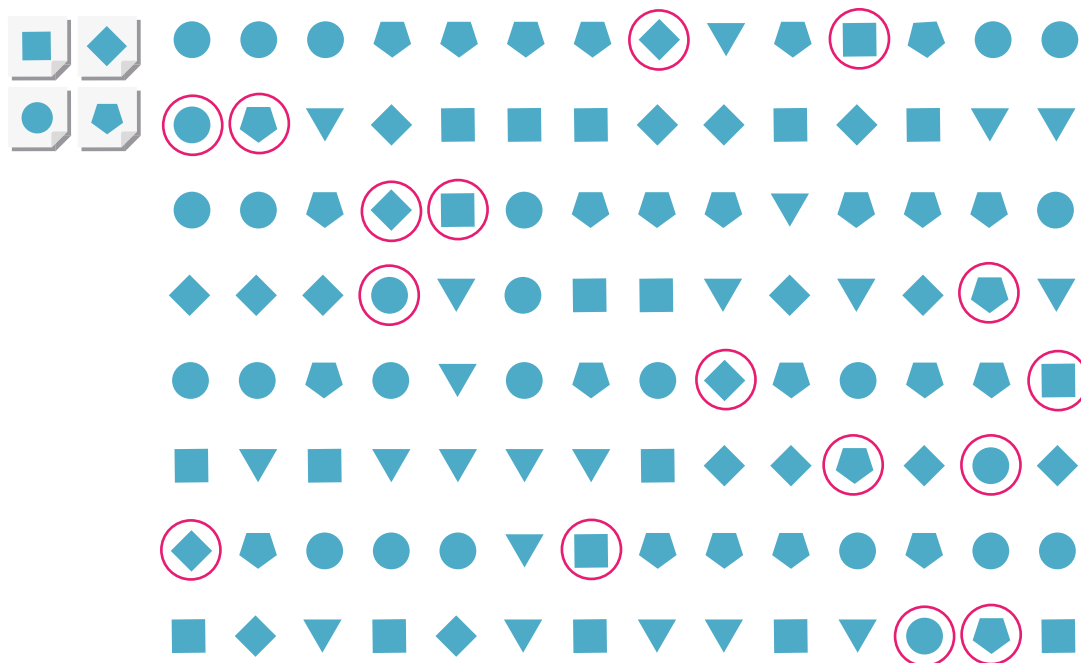
Exercise 6

TODAY'S TASKS

3:00 p.m.		Go to the supermarket	
11.30 a.m.		Hydrogymnastics class	
10.00 a.m.		Pick up grandson from school	
4:30 p.m.		Go to the post office	

SOLUTIONS

Exercise 7

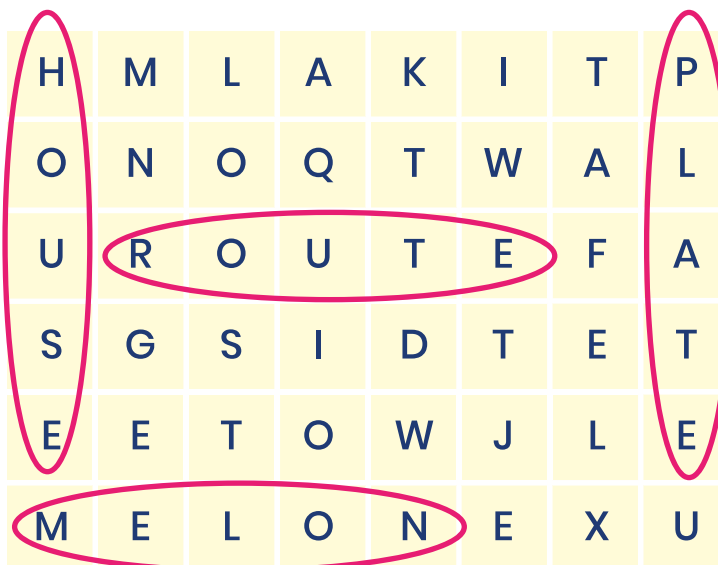


Exercise 9 (possible answer examples)

NOMES DE ANIMAIS		NOMES DE FRUTOS	
1	<i>dog</i>	1	<i>apple</i>
2	<i>cat</i>	2	<i>banana</i>
3	<i>rabbit</i>	3	<i>pear</i>
4	<i>chicken</i>	4	<i>plum</i>
5	<i>cow</i>	5	<i>papaya</i>
6	<i>goat</i>	6	<i>persimmon</i>
7	<i>swallow</i>	7	<i>orange</i>
8	<i>parrot</i>	8	<i>passion fruit</i>
9	<i>whale</i>	9	<i>lemon</i>
10	<i>dolphin</i>	10	<i>mango</i>

SOLUTIONS

Exercise 10



Exercise 11

$28 + 65 = 93$	$24 + 78 = 102$	$38 + 83 = 121$
$75 - 23 = 52$	$55 - 44 = 11$	$222 - 135 = 87$
$3 \times 12 = 36$	$7 \times 26 = 182$	$12 \times 41 = 492$

This information is not meant to replace clinical or medical examinations, nor is it conducive to a clinical judgement on the recommendation or risks of a given procedure for each person with Parkinson's disease. Please see your doctor about Parkinson's disease.

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