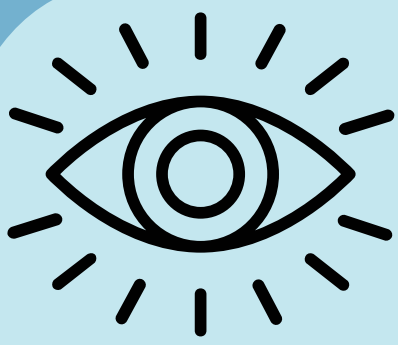


# Enriched Environment: Clinical Applications

## Stimulate the Senses

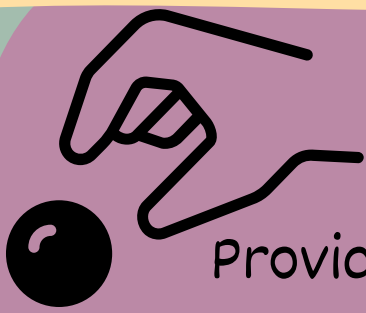


### Visual

Place a colorful calendar with large text on the wall where the patient tracks their therapy exercises daily.

### Auditory

Play familiar upbeat music during morning exercises to boost mood and motivation, or encourage them to listen to an audiobook while resting.

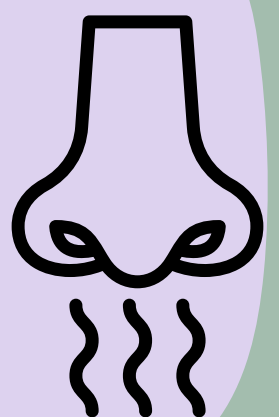


### Tactile

Provide a textured stress ball to squeeze with the affected hand multiple times daily, helping to improve grip strength.

### Olfactory

Olfactory Stimulation: Use an essential oil diffuser in the living area with scents tied to happy memories (e.g., vanilla or pine).



# Enriched Environment: Clinical Applications

## Encourage Varied Physical Activities

### Walking Path



Set up a clear walking path with grab bars along the hallway, allowing the patient to safely practice walking short distances multiple times a day

### Reaching for Objects

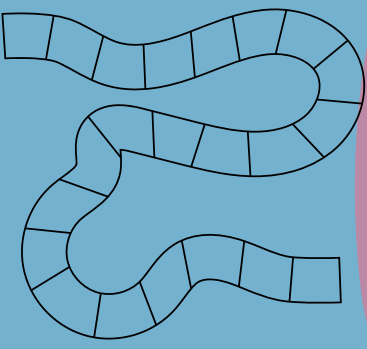
Place commonly used items (e.g., a remote or glass of water) slightly out of reach on a stable surface, encouraging controlled arm and hand movements to retrieve them



## Promote Cognitive Engagement

### Board Games

Play simple games like Connect Four or dominoes to improve strategic thinking and fine motor coordination



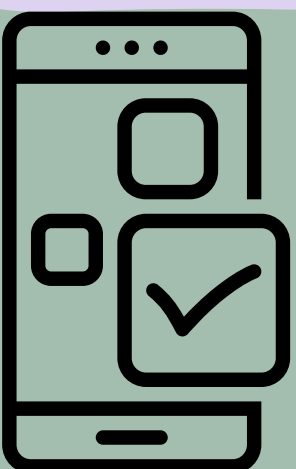
### Memory Journal

Encourage writing or dictating a memory journal to recount past events, which can improve verbal expression and memory.



### Cognitive Apps

Use apps like Lumosity or Constant Therapy to guide daily brain training activities tailored to stroke recovery.



# Enriched Environment: Clinical Applications

## Facilitate Social Interaction

### Weekly Game Nights

Invite family or friends for a simple card game (e.g., Uno or Go Fish) to combine social interaction with light cognitive

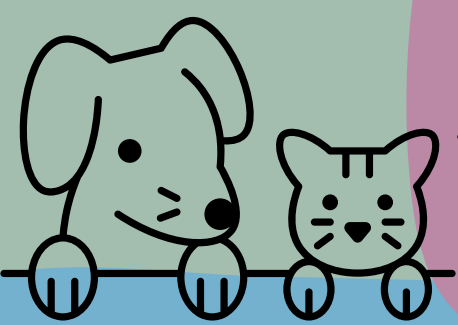


### Virtual Socialization

Set up easy-to-use video calling on a tablet or smartphone for regular check-ins with friends or support groups

### Pet Interaction

If they have a pet, encourage them to brush the pet's fur or gently throw a toy, engaging both their emotional and motor skills



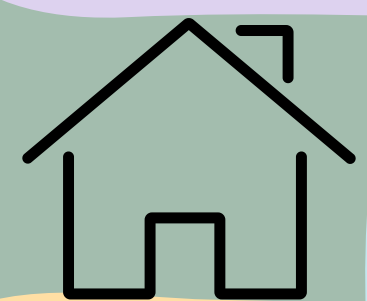
## Use Environmental Tools and Technology

### Therapeutic Set up

Place therapy aids like a mirror for mirror therapy (to engage both brain hemispheres) or therapy putty for hand strengthening in accessible areas

### Home Modifications

Install adaptive technology like speech-activated lights to integrate cognitive practice with functional tasks.



### Virtual Reality

If available, use VR-based therapy games to create fun, engaging motor and cognitive challenges.



# Enriched Environment: Clinical Applications

## Enrich Language and Communication

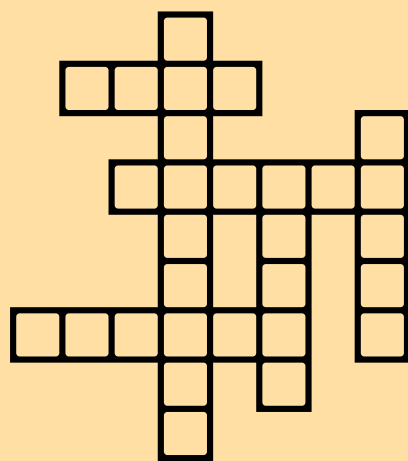
### Conversational Prompts



Use photo albums as prompts to discuss family memories, which can improve language skills and social connection

### Word Games

Play Scrabble or Hangman to work on word retrieval and spelling.



### Music Therapy

Sing along to favorite songs, even if it's just humming; this can activate speech and rhythm areas of the brain.

