



## Cognitive Stimulation Resources

Disclaimer: The Brain Injury Association of America does not endorse any specific therapies or treatment. These resources are offered only for informational purposes. Please read the "Caveats" at the end of this Guide for additional information.

Product	Type	Cost	Description	For More Info
UAB Home Based Cognitive Stimulation Exercises	Website with tasks done offline	free	Developed by the Univ. of Alabama Birmingham (a TBI Model Systems site). Offers 48 different activities, indexed by cognitive skill	To print off the entire set of tasks: <a href="http://images.main.uab.edu/spinalcord/pdf/cogrehab.pdf">http://images.main.uab.edu/spinalcord/pdf/cogrehab.pdf</a> (55 page PDF document) Or go to <a href="http://main.uab.edu/tbi/show.asp?durki=49377">http://main.uab.edu/tbi/show.asp?durki=49377</a> to view tasks by activities or skill index (eg fine motor, memory, visual spatial skills, etc).
Critical Thinking Press	Books and workbooks, CD -ROM	Ranges in price from \$10-\$30 per title	Developed as educational tools	<a href="http://www.criticalthinking.com/company/company.jsp">http://www.criticalthinking.com/company/company.jsp</a> Critical Thinking Press – offers a range of books and CD-ROMS. No progress tracking offered
Lash Publishing	Books, workbooks	Range from \$20 - \$300	Cognitive rehabilitation workbooks	<a href="http://www.lapublishing.com/">http://www.lapublishing.com/</a>
Serper Method	Books and Workbooks	Ranges from \$50 to \$120 based on book	Developed by a person who was an expert in learning and education before her stroke. Developed set of workbooks to help her with recovery	<a href="http://serpermethod.com/store/page4.html">http://serpermethod.com/store/page4.html</a> - lists workbooks available
Memory Works	CD	\$120 plus S&H	Range of skill tests and exercises. Not clear from site exactly how many games	<a href="http://www.thememoryworks.com/">http://www.thememoryworks.com/</a>

Neurotraining	Download	free	50+ games available for free. Developed by person with a brain injury who was software engineer. Tracks progress over time.	<a href="http://www.msty-neurotraining.com/">http://www.msty-neurotraining.com./</a>
Challenge our Minds	Web based	\$25/month for individual	Developed by Dr. Odie Bracy. 60 different tasks offered	<a href="http://www.challenging-our-minds.com/tour/index.php">http://www.challenging-our-minds.com/tour/index.php</a>
The Jogger	PDA	\$1995	Developed as PDA for memory help "on the go". Added a range of cognitive stimulation games to the PDA	<a href="http://www.thejogger.com">www.thejogger.com</a>
Brain Train	CD-ROM	\$25 for simple home training CD, \$495 for a 12 month lease	More geared towards professionals. Site recommends working with a trained therapist to get best results. Offers a range of activities, tracks progress, increases in difficulty as skills are mastered.	<a href="http://www.braintrain.com">www.braintrain.com</a>
Brain-Train	CD-ROM	\$129	51 programs designed to help people with brain injury. The programs and a short description are listed on the website.	<a href="http://www.brain-train.com">www.brain-train.com</a>
Speech Remedy	Picture Cards and Directions	\$325	Developed for at home therapy with people with neurological impairment.	<a href="http://www.speechremedy.com/products/srcognition/">http://www.speechremedy.com/products/srcognition/</a>
Bungalow Software	CDs, books, picture cards	Range from \$68 to \$150	Focuses primarily on language, word retrieval, does offer reading comprehension and prob. solving	<a href="http://www.bungalowsoftware.com/products_by_category.htm">http://www.bungalowsoftware.com/products_by_category.htm</a>

Parrot Software	Varied	\$99.95 for each section.	Each section covers a specific area of cognition, from reasoning, to recall to cause and effect to problem solving	<a href="http://www.parrotsoftware.com">www.parrotsoftware.com</a>
Psychological Software	Online or on Flash Drive as of Fall 2010	\$2000	Professional version of "Challenge Our Minds"	<a href="http://www.psychological-software.com/">http://www.psychological-software.com/</a>
Lumosity	Web based	\$80 per year	Developed for "healthy aging" offers a range of exercises	<a href="http://www.lumosity.com">www.lumosity.com</a>
Posit Science Brain Training	Computer based	\$690 for one person	Developed by Posit Science, they offer three basic packages, one just visual, one auditory, and one for driving	<a href="http://www.positscience.com/our-products">http://www.positscience.com/our-products</a>
Brain Metrix	online	free		<a href="http://www.brainmetrix.com/">http://www.brainmetrix.com/</a>
My Brain Solutions	Online or on PDA	Free basic (access to 4 games) or paid \$9.95 a month	Not clear exactly how many games you get access to for \$9.95, or what added features.	<a href="https://www.mybrainsolutions.com">https://www.mybrainsolutions.com</a>
Dakim	CD-ROM	\$249 for the software package	Currently lists special on site for \$249 get entire package of exercises and updates for a year. Regular price: \$349	<a href="http://www.dakim.com">www.dakim.com</a>
Ashby Memory Method	In person	Varies by provider	Have to do it through a certified trainer. Prices can vary.	<a href="http://www.alzinnovation.com/alz2010/">http://www.alzinnovation.com/alz2010/</a>
Open Directory Games listing	Online	Most games are free	Open Directory is one of the sources of websites for most search engines. Be prepared for about a third of the links to be inaccurate.	<a href="http://www.dmoz.org/Games/Puzzles/Brain_Teasers">http://www.dmoz.org/Games/Puzzles/Brain_Teasers</a>

Games for the Brain	Online	free	Free- simple games. Does offer games in other languages	<a href="http://www.gamesforthebrain.com/">http://www.gamesforthebrain.com/</a>
Happy Neuron	Online	\$99.95 per year	Free online trial. Over 38 games available. Personalized games based on demographics entered	<a href="http://www.happy-neuron.com/">http://www.happy-neuron.com/</a>
Nintendo Brain Age or Brain Age2	DS game	\$20 for game, \$100 for DS System	Range of games to play focusing on attention, memory and speed of information processing. Can track scores, offers a "brain age" as a barometer for improvement. Portable.	<a href="http://www.brainage.com/launch/index.jsp">http://www.brainage.com/launch/index.jsp</a>
Cognifit	Online	Monthly \$19.95, six months \$99.95 or one year \$179.95	Online offers "Personal Coach" or "Senior Driver" program. Both offer increased difficulty as accuracy improves, tracking of scores.	<a href="http://www.cognifit.com/">http://www.cognifit.com/</a>

## BRAIN STIMULATION ACTIVITY RESOURCES- BOOKS

### ***Great Big Giant Book of Word Games***

*Richard Manchester*

This is the newest compilation of fun exercises and is an invaluable tool for traumatic brain injury survivors. There are puzzles for every mood and every level that will challenge TBI survivor to exercise their brain and give them hours of entertainment.

### ***Brain Games: Lower Your Brain Age in Minutes a Day (Books 1 - 5)***

*Elkhorn Goldberg, Ph.D. (Consultant)*

This series of books was developed to help people increase their memory, sharpen their reasoning, and expand their creative thinking. It includes language, logic, spatial awareness and creative thinking exercises that will provide a good mental workout for survivors of traumatic brain injury.

### ***Brain Games Picture Puzzles***

*Editors of Publications International*

The Brain Games series was developed to challenge your powers of observation and stimulate your ability to focus and concentrate. It is especially good for traumatic brain injury survivors because it exercises the brain's ability to notice small changes and with practice, increases the ability to focus. This book shows two or more pictures that seemingly are identical, but subtle changes have been made to one of the pictures. It is up to you to find what has been altered!

### ***Beef Up Your Brain: The Big Book of 301 Brain-Building Exercises, Puzzles and Games!***

*Michel Noir*

This is another book of puzzles and exercises that provide the brain stimulation so necessary to the rehabilitation of traumatic brain injury survivors. It contains more than 301 games, puzzles, and exercises that will give the brain a good workout!

### ***The Mind Workout Book: 150 Exercises to Train Your Brain to the Peak of Perfection***

*Robert Allen*

Another workout book for the brain. It provides 150 stimulating exercises, games and puzzles at various levels of difficulty. This book is good for traumatic brain injury survivors because as they progress through recovery and rehabilitation, this book will grow with them and they can choose puzzles that are more challenging.

***Broccoli for the Brain: 75 Puzzles and Exercises to Boost Your Brain Power!***

Michel Noir

This book provides 90 exercises that will help a traumatic brain injury survivor develop concentration, attention and focus skills.

***365 Exercises for the Mind***

Pierre Berloquin

This book has 365 problem-solving exercises that will help survivors of traumatic brain injury rebuild and exercise their skills with numbers, words, logic, concentration, and creativity. The book provides icons at the top of each page that explain which ability is being tested and the level of difficulty.

***The Big Blue Activity Book; The Big Yellow Activity Book; The Big Red Activity Book***

Tony Tallarico

These large print books are children's activity books that are especially good for recent survivors of traumatic brain injury. The books contain word games, mazes, picture finds, and number games that will help the recent survivor regain language, concentration, focus, number and creativity skills.

***The Mild Traumatic Brain Injury Workbook***

Douglas J. Mason, Psy. D.

This book provides information about the cognitive and psychosocial effects of mild traumatic brain injury. It also provides exercises for improving cognitive deficits and suggestions for managing the psychosocial effects from this type of injury.

**IMPORTANT:** While these resources can be useful, it is important to understand the "caveats" that come with this information.

- There is very little research backing the use of these resources specifically with brain injury
- There is good evidence in "healthy" population that cognitive stimulation can help improve or maintain cognitive skills
- There is little evidence to show a functional impact after using these resources (in other words, they really didn't study the functional impact, but there will be some coming from studies being done with people with mild cognitive impairment and dementia)
- It is crucial to look at other factors too! (eg sleep, medication, nutrition, stress, etc) when looking at cognitive changes years post injury

- Choose the program or resource that is right for you. For some, that will be computer based and for others that will be workbooks. There is no “one best program”.
- These resources are not the same as rehab- the resources listed were used to maintain cognitive skills, not necessarily to improve them, though some studies did show an improvement.
- There is no data that looks at people using these resources longitudinally. In other words, they don't know if you use these resources and they help, how long will it last?