

CPT Therapy Group Program

Chair Bingo UE Exercise Group

Introduced by Courts of Shorewood Therapists for pts w dementia

Purpose: Engage patients in an interactive, easy to follow, fun activity group that incorporates listening, following 1 to 2 step directions, problem solving, staying on task, participation, matching objects, fine motor control, UE ROM and strengthening. Socialization and communication with others.

Admission Criteria

- Free of illness or isolation precautions
- Tolerates sitting for at least 30 min
- Able to follow 1 to 2 step directions

Objectives/Goals

- Improved ability to communicate with others
- Improved participation
- Improve memory skills by staying on task
- Improve sequencing of simple tasks
- Improved upper body ROM and strength
- Social interaction and learning
- Improved posture and self awareness
- Improved object identification and matching accuracy

Suggested materials

- Bingo game sheet
- Bingo game pieces
- Prize

Suggested Activities

- Play Bingo and participate in UE ex.
- How to play: Therapist calls out movement (example: raise both arms overhead), shows movement card; patients perform motion and match movement card on bingo square. Therapist guides patients through the UE ex on the card for a certain number of reps.