

Preservation Pack[™]

Preservation Pack[™] was developed by the son and caregiver of an Alzheimer's patient with the goal of preserving attention, language skills, and memory for sufferers of dementia, as well as those just experiencing normal memory loss. Preservation Pack[™] activities are aimed at a group of mental processes including attention, language skills, problem solving, decision making, and memory, while providing an enjoyable channel to connect with caregivers and loved ones. Research has indicated that activities like Preservation Pack[™] will help preserve cognitive function in adults with early, middle, and late stage Alzheimer's, as well as other forms of dementia.

Preservation Pack[™] contains a deck of 60 cards. Each card contains one of 15 easy to relate to retro images. The 15 images are repeated 4 times in each deck, and are framed with one of 4 colors. Each individual participating in Preservation Pack[™] activities is different and will respond differently to the activities. The activities are flexible so they can be tailored to individual needs. Most of the activities may be enjoyed by 2 - 6 participants of any age. The suggested activities range from easy to moderately challenging, but can be easily modified. Rotating Preservation Pack[™] activities is important. Doing so will target different cognitive functions, while maintaining interest in the activities. **Keep in mind, all activities are focused on exercising the brain and interacting with others, not winning.**

Check our website for the latest Preservation Pack[™] activities. We'd love to hear your feedback, as well as a description of the activities that you've developed, so we can share with and help others. Looking forward to hearing from you at feedback@preservationpack.com

COGNITIVE STIMULATION ACTIVITIES

MATCH

Deal 10 cards to each participant and place the remaining deck of cards face down. One participant places a card from their hand face up next to the deck, to start a discard pile. The second participant has to match that card's image or frame color with a card from their hand and place it face up on the discard pile. If the participant doesn't have a match, they pick the next card from the deck, which ends their turn. The activity continues until someone is out of cards.

EXCHANGE

Deal out the entire deck of cards to the participants. Each participant takes turns placing all their pairs (2 cards with the same image) face up. Then they pass 1 card from their hand (that they don't want) to the participant on their left. Each participant continues until 1 player has no remaining cards in their hand.

MEMORY

Place all the Preservation Pack[™] cards with the images face down in 6 rows of 10 cards. Taking turns, each participant picks 1 card and turns it over. They must then find a second card that matches the image on the first card. If the 2 images match, they keep both cards and repeat their turn. If not, they return both cards face down to the positions they were in, and the next participant takes their turn. When all cards have been retrieved, the participant with the most cards wins. If the activity is too challenging, remove all of the Yellow and Blue framed cards and play with 5 rows of 6 cards. If the 30 card activity is too challenging, match colors rather than images, or deal out all of the cards to the participants and have them make the matches in their hands and place the matches on the table.

SORT

Have the participant go through the entire deck of cards, find all of the cards with a specific image or frame color, and sort them into piles.

REMINISCE

Participants take turns picking a card from the full deck and talking about the image on the card. The goal of this activity is to use the card images as a platform for discussion and interaction with the other participants. Here are some examples of simple, fun, and thought provoking questions... What is it? Did you have one? Around what year did you first own one? Where did you live at the time? How did you use it? Who did you use it with? What room would you find the item in? What colors could you buy the item in? Do you or someone in the family still have one? When was the last time you saw one? Is the item still used today? If not, what replaced it?

SETS

Deal 7 cards to each participant and place the remaining deck of cards face down. Take the top card of the deck and place it face up next to the deck, to start a discard pile. Participants take turns picking the top card from either the deck or the discard pile, and then placing 1 card from their hand onto the discard pile. The goal is to get a set of 3 images and a different set of 4 images. To make the activity more challenging, try a 10 card version. The rules are the same as the 7 card version, but you need to get an additional set of 3 images.

RULES

Assign a rule to each of the four frame colors. Place the full deck of cards face down. Each participant takes a turn picking a card. The chart below shows examples of rules you can use for each card you pick.

Blue Card	Ask another participant a question about the image on the card.
Yellow Card	Another participant must ask you a question about the image on the card.
Green Card	Use the name of the image on the card in a sentence.
Purple Card	Shorten the name of the image (for example, water gun could become gun) and take turns saying rhyming words, until one of the participants can't think of any more.

Feel free to use these rules or create your own. The rule you assign to each color can be as broad as your imagination. This is not meant to be a memory activity. These rules or the rules you choose do not have to be memorized. Write them down for each participant or if necessary, remind them what to do each time they pick a card.

COMPARE

Participants take turns picking two random cards and explaining what is similar between the cards and what is different.

STORY

Participants take turns picking 4 random cards and linking the images on the cards into a story. If too difficult, use only 2 or 3 cards, or allow participants to choose the cards of their choice.

DEFINE

Place the full deck face down. Have a participant pick the top card from the deck and describe that image as well as the colors of both the image and frame. Continue card by card through the deck.

HIGH HAND

Deal 5 cards to each participant. Each participant has 1 turn to discard as many cards from their hand as they want and replace them with the same number of new cards from the deck. High Hand wins! The chart below shows the order of hands ranked from High to Low.

4 of a Kind	4 cards with the same image
Full House	1 Pair + 3 of a Kind
Flush	5 cards with all the same frame color
Straight	5 cards with all different images
3 of a Kind	3 cards with the same image
2 Pairs	1 Pair + a different 1 Pair
1 Pair	2 cards with the same image

CATEGORIES

Place the deck of cards face down. A participant picks a card, places it face up so all can see the image, and then names a category to which that image belongs. For example, if a participant picks one of the cards with a bicycle image, they can choose a category like "transportation", "toys", "things with wheels", or any other category of their choice. Once the participant chooses a category, each participant takes a turn naming other items that belong in the same category. Using the example above, if a participant picks a card with the image of a bicycle and chooses "things with wheels" as the category, then each participant takes a turn naming other things that have wheels, like a car, a wheel barrel, etc.

