

# Contents

<b>1. The Importance of a Functional Memory System</b> . . . . .	1
Using <i>Functional Memory Manual</i> . . . . .	1
Terms Associated with Memory Functioning . . . . .	3
<b>2. A Comprehensive View of Memory Rehabilitation</b> . . . . .	5
Influences on Memory Performance . . . . .	5
Physical Condition . . . . .	5
Anatomical Correlates . . . . .	5
Medications and Side Effects . . . . .	6
Other Influences on Memory Functioning . . . . .	8
A Combined Approach to Memory Rehabilitation . . . . .	9
Compensatory Strategies . . . . .	9
Stimulation Therapy . . . . .	9
Internal Strategies . . . . .	10
Association . . . . .	10
Imagery . . . . .	11
Rehearsal . . . . .	12
Chunking . . . . .	12
First-Letter Mnemonics . . . . .	13
Categorization . . . . .	13
Semantic Elaboration . . . . .	13
Verbal Labeling . . . . .	13
External Strategies . . . . .	14
Motor Routines . . . . .	14
Checklists and Memory Books . . . . .	14
Tele-Memo Devices . . . . .	14
Alphanumeric Paging System . . . . .	14
In Conclusion . . . . .	15

<b>3. Improving Attention</b> .....	17
Deficits in Immediate, Focused and Sustained Attention .....	18
Strategies .....	18
Deficits in Selective Attention .....	19
The Use of Cancellation Exercises .....	19
Strategies .....	19
The Use of Distractor Tasks .....	20
Strategies .....	20
Deficits in Alternating Attention .....	20
The Use of Cued Set-Shifting Exercises .....	21
The Use of Independent Set-Shifting Exercises .....	21
Deficits in Divided Attention .....	21
The Use of Complex Cancellation Exercises .....	22
The Use of Simultaneous Task Exercises .....	22
Other Approaches .....	23
<b>4. Auditory Recall Exercises</b> .....	25
Auditory Recall Sentences .....	28
Sentences .....	28
Worksheets .....	31
Auditory Recall Stories .....	35
Fiction .....	37
History .....	69
Health and Medicine .....	101
Sports .....	135
<b>5. Visual Recall Exercises</b> .....	167
Calendar Exercises .....	168
To Do Lists .....	189
Catalog Exercises .....	211
Map Exercises .....	235

<b>6. Sequential Recall Exercises</b> . . . . .	249
Sequential Recall Stories . . . . .	251
Four-Question Exercises . . . . .	269
Visual Sequential Recall Exercises . . . . .	275
The Fishing Trip . . . . .	277
Planning a Trip . . . . .	288
Going Shopping . . . . .	299
Making a Pie . . . . .	310
<b>7. Functional Memory</b> . . . . .	321
Functional Memory Assignments . . . . .	322
Functional Sequential Memory Assignments . . . . .	327
Weekly Functional Memory Assignments . . . . .	349
<b>Appendixes</b> . . . . .	355
1. General Suggestions for Clinicians to Review with Significant Others . . . . .	356
2. Away from the Neurorehabilitation Site . . . . .	357
Framework for Significant Others . . . . .	357
Functional Visual Recall Exercises . . . . .	357
Navigating the Community . . . . .	357
Around the House . . . . .	358
3. Cancellation Exercises for Improving Attention . . . . .	359
4. Complex Cancellation Exercises for Improving Attention . . . . .	369
<b>References</b> . . . . .	383
<b>About the Authors</b> . . . . .	385