

Cognitive Program - Bingo Implementation Guide

Time of Day	Late Morning - 10:45 to 11:45
Length of Program	10-20 minutes (less if fewer participants)
Size of Group	Less than 6 active, additional passive participants
Population Served	Ideal for residents on the secure units. Early to mid-stage dementia and MCI to early dementia.
Program Description	Simplified bingo using 3x3 cards.
Goals of Program	Cognitive stimulation, social interaction and maintain current mobility and restore excess disability for active participants.
Objectives	Identify the word, picture or sound. Determine if they have it on their bingo card. Place a marker over the matching item on their bingo card.
Benefits	Visual perception exercise, pattern recognition, problem solving. Range of motion, dexterity and hand/eye co-ordination in actually placing the marker. Also social benefits as a result of participating in a group activity.
Preparation, Materials and Equipment	Easy Number Bingo, Expressions Bingo, Animal Bingo (using pictures or animal sounds), also Picture or Card Bingo. For each participant, one bingo card and enough markers to cover all of the spaces on the card.
Procedure	Take the time to ensure that all of the participants are familiar with the phrases, pictures or sounds before distributing the bingo cards. Offer each participant their choice of bingo cards and their colour choice when distributing the markers (nine markers each).
Evaluating Program Success	The participant names the selection ie. says the missing word or identifies the picture/sound. The participant determines if they have that item on their bingo card. The participant places the marker over the item on their card.
Modifications for Other Ability Levels	Large font, larger images, larger/thicker markers, more time between selections, more time identifying the different items before starting the game.
Tips and Tricks	Some participants might want to work alone at a table to avoid having others point out the item. No prizes. Emphasize the cognitive benefits of the program and the enjoyment of doing it together.

Roles

Not everyone can actively participate in each program in the same way, but it is often possible to find a way to involve each person in different “roles”. For example, one participant may not be able to play bingo (even the simplified versions), but they may be able to distribute the bingo cards or markers. That is their “role” in the program. Over time, if the program is offered consistently, the “role” will become a “routine” for the person and they will be able to do it with minimal instruction or supervision.

Suggested Roles

- Distribute and collect bingo markers
- Distribute and collect bingo cards
- “Call out” the number, phrase or label on the “calling cards”

Chores

While each module is targeted at a particular type of program, the materials can also be used to create chore style tasks. Chore style activities engage residents during times when they become anxious and may want to go home or be with their children. They are best offered in late afternoon to engage them rather than allow this to occur and to distract them at shift change.

Chore style activities are typically tasks such as cleaning up, putting things away, things that are done towards the end of the day. At home, it would include tidying up from the day’s activities, cleaning up to be ready for the evening. Here are some activities that use the materials in this module to create chore style tasks that are comforting while not being too demanding.

Suggested Chores

- Sort the bingo markers by color and put them back in the bag
- Sort the “calling cards” putting the numbers in order and sort the Expressions cards by color and put them away