



Puzzles for Stroke Patients

Kalman Toth

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#1 Best Seller puzzle book for stroke patients in recovery. Customer: "Great gift for my mom!!!" Word puzzles are recommended for patients by doctors & cognitive therapists to recover mental abilities. This book contains various difficulty levels of Diagonal Word Square Puzzles: Find the missing letters; each row, and the diagonal will spell a word. Puzzles are valuable tools in the hands of people who experience the cognitive and physical deficits frequently associated with stroke. Inability to pay attention is common for stroke survivors. Other deficits may include comprehension, reading and writing. The human brain is extremely flexible and it can be rewired for full functioning after a stroke. To learn how to pay better attention, stroke patients can solve puzzles that require focus. Others skills targeted by puzzle solving (which may improve comprehension, reading, and writing) include speech, concentration, memory, word-finding, and motor skills. When puzzles are used for stroke patients, the key is to choose a puzzle that is effective and enjoyable for the patient. The puzzles in this book are effective because they can be completed easily and in short amount of time, usually in a single sitting. Because they are not difficult, solving them imparts a sense of accomplishment. Puzzle contents stimulate emotions and memories, conversation and reminiscing. Puzzles are a great brain exercise and memory activity that captures and improves attention. Puzzles encourage the use of problem solving skills. In addition, they are fun; patients relax, smile, and laugh. The truth is, there is no real limit on the benefit we can derive from brain puzzles. They have been used throughout history for recreation, as medicine, as meditation, as a source of beauty. While this book is aimed directly at stroke survivors it is highly recommended to caregivers and loved ones as well because puzzle solving is a natural team activity.

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