

# **the Feuerstein *Instrumental Enrichment* Program for the Elderly**

*providing learning and thinking activities  
to stimulate mental functioning and awareness  
of the world of familiar and unfamiliar objects and events*

*enhancing the quality of life by  
preventing the loss of mental efficiency  
rehabilitation and restoration of cognitive  
functions in process of deterioration*

## **What is the Feuerstein Instrumental Enrichment Program?**

cognitive exercises using paper and pencil  
activities that stimulate visual, motor, auditory, and verbal functions  
group and/or individualized activities: 45 minutes, 2, 3, 4 times per week  
interactive-- with the "mediator" and among themselves

### **.....advantages for the Elderly**

reinforcing memory by creative repetition  
stimulating awareness and focusing on their surroundings  
restoring/enhancing socialization through verbal and active  
communication  
creating self awareness and fulfilling autonomy needs

### **.....advantages for the Care Providers**

low initial and ongoing implementation costs  
easily implemented in structure of program day  
enhances self care and self awareness skills of the elderly  
no special facilities needed--learning takes place in the home,  
residential setting, day care setting  
training and support of program providers (care givers) will  
upgrade skills and professional commitments

.....advantages for the Care Givers

training to apply program upgrades professional skills  
changes ways in which caretakers interact with their clients  
improves awareness of the functional levels of clients  
widens range of potential functions in caretaking repertoire  
enhances communication between client and care giver