



# Engaging Seniors

- \*ACE's
- \*Calming Exercises
- \*Brain Games

# ACE'S MEASURED

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-Physical, sexual, and verbal abuse

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-Physical and emotional neglect

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-A family member who is: depressed or diagnosed with another mental illness

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-Addicted to alcohol or another substance

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-In prison

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-Witnessing mother being abused

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-Losing a parent to separation, divorce or another reason

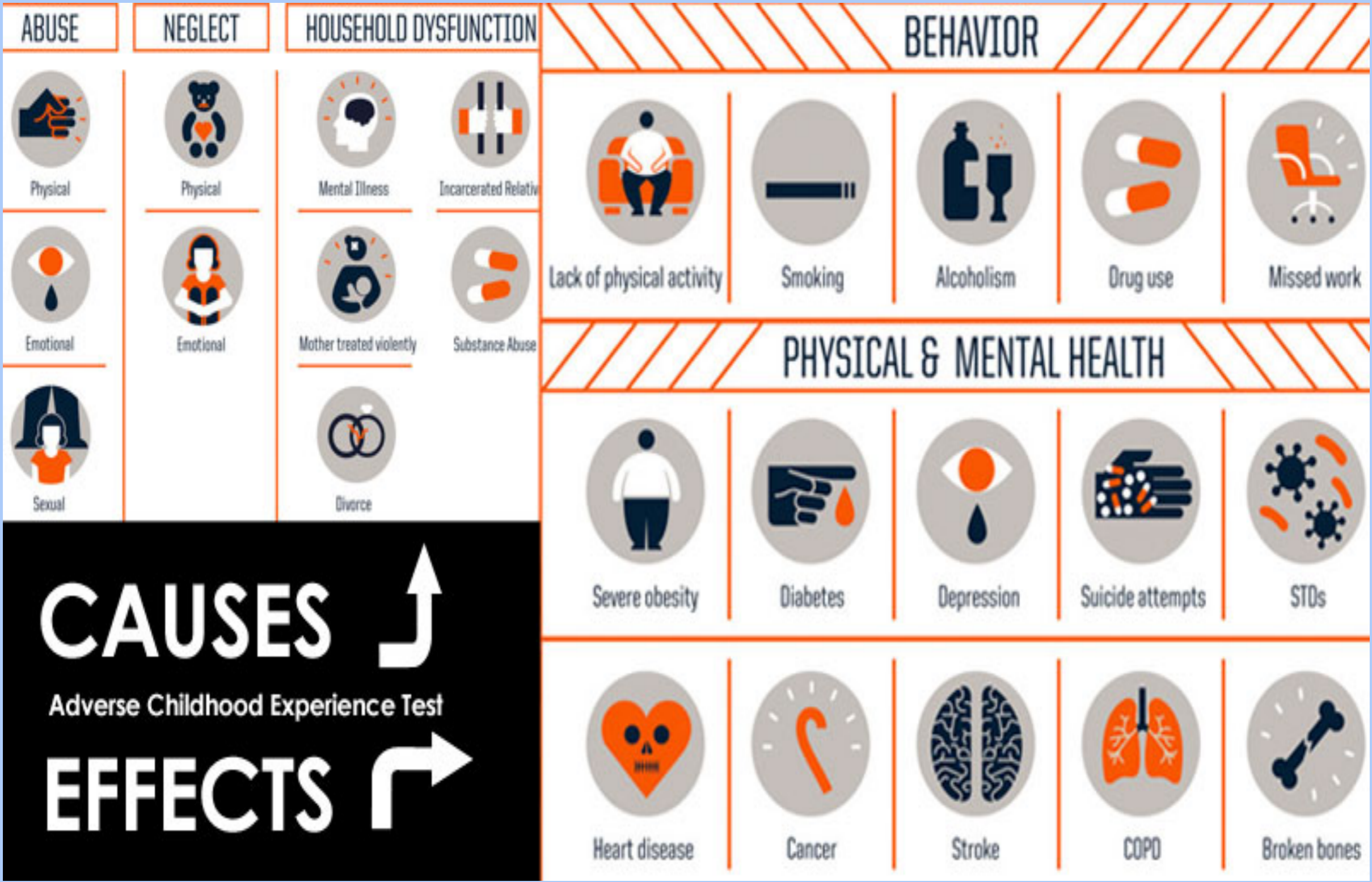
# Adverse Childhood Experience (ACE) Questionnaire

## Finding your ACE Score ra hbr 10 24 06

**While you were growing up, during your first 18 years of life:**

1. Did a parent or other adult in the household **often** ...  
Swear at you, insult you, put you down, or humiliate you?  
**or**  
Act in a way that made you afraid that you might be physically hurt?  
Yes No If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household **often** ...  
Push, grab, slap, or throw something at you?  
**or**  
**Ever** hit you so hard that you had marks or were injured?  
Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you **ever**...  
Touch or fondle you or have you touch their body in a sexual way?  
**or**  
Try to or actually have oral, anal, or vaginal sex with you?  
Yes No If yes enter 1 \_\_\_\_\_
4. Did you **often** feel that ...  
No one in your family loved you or thought you were important or special?  
**or**  
Your family didn't look out for each other, feel close to each other, or support each other?  
Yes No If yes enter 1 \_\_\_\_\_
5. Did you **often** feel that ...  
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?  
**or**  
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?  
Yes No If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often** pushed, grabbed, slapped, or had something thrown at her?  
**or**  
**Sometimes or often** kicked, bitten, hit with a fist, or hit with something hard?  
**or**  
**Ever** repeatedly hit over at least a few minutes or threatened with a gun or knife?  
Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score**



**CAUSES** ↗  
Adverse Childhood Experience Test  
**EFFECTS** →

# ACE'S

- For each ACE Score a woman had, her risk of being hospitalized with an autoimmune disease rose by 20 percent.
- Someone with an ACE Score of 4 was 460 percent more likely to suffer from depression than someone with an ACE Score of 0.
- An ACE Score greater than or equal to 6 shortened an individual's lifespan by almost 20 years.

# Flip the Lid (Hand Model of the Brain)

Make a **Fist** with your thumb tucked inside your fingers. This is a model of your brain.



Figure 1. A model of the brain.

**Thumb** = Midbrain (Stem & Limbic) = Emotional Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

**Fingers** = Cerebral Cortex = Rational Brain. Houses our ability to think and reason.

**Fingernails** = Prefrontal Cortex = Problem-Solving

When something triggers us, we are prone to "**Flip our Lid**" which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we're not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.

-Dr. Dan Siegal



Figure 2. Flipping your lid.

# FIGHT or FLIGHT

## NOTICEABLE EFFECTS

PUPILS DILATE  
MOUTH GOES DRY  
NECK + SHOULDER  
MUSCLES TENSE  
HEART PUMPS FASTER  
CHEST PAINS  
PALPITATIONS  
SWEATING  
MUSCLES TENSE  
FOR ACTION  
BREATHING FAST  
+ SHALLOW -  
HYPERVENTILATION  
OXYGEN NEEDED  
FOR  
MUSCLES

## HIDDEN EFFECTS

BRAIN GETS BODY  
READY FOR ACTION  
ADRENALINE  
RELEASED FOR  
FIGHT/FLIGHT  
BLOOD PRESSURE  
RISES  
LIVER RELEASES  
GLUCOSE TO PROVIDE  
ENERGY FOR MUSCLES  
DIGESTION SLOWS -  
OR CEASES  
SPHINCTERS CLOSE -  
THEN RELAX  
CORTISOL RELEASED  
(DEPRESSED THE  
IMMUNE SYSTEM)

- **HIGH 5 BREATHING**
- **FINGER TAPS**
- **MAGIC MUSTACHE**

**BRAIN  
BREAK** **WORKING MEMORY AND COGNITIVE  
BRAIN FUNCTION**

- **STROOP (COGNITIVE BRAIN FUNCTION)**
- **4 BOX MEMORY (WORKING MEMORY)**
- **I SEE YOU/NUMBER HUNT**
- **ARROWS**



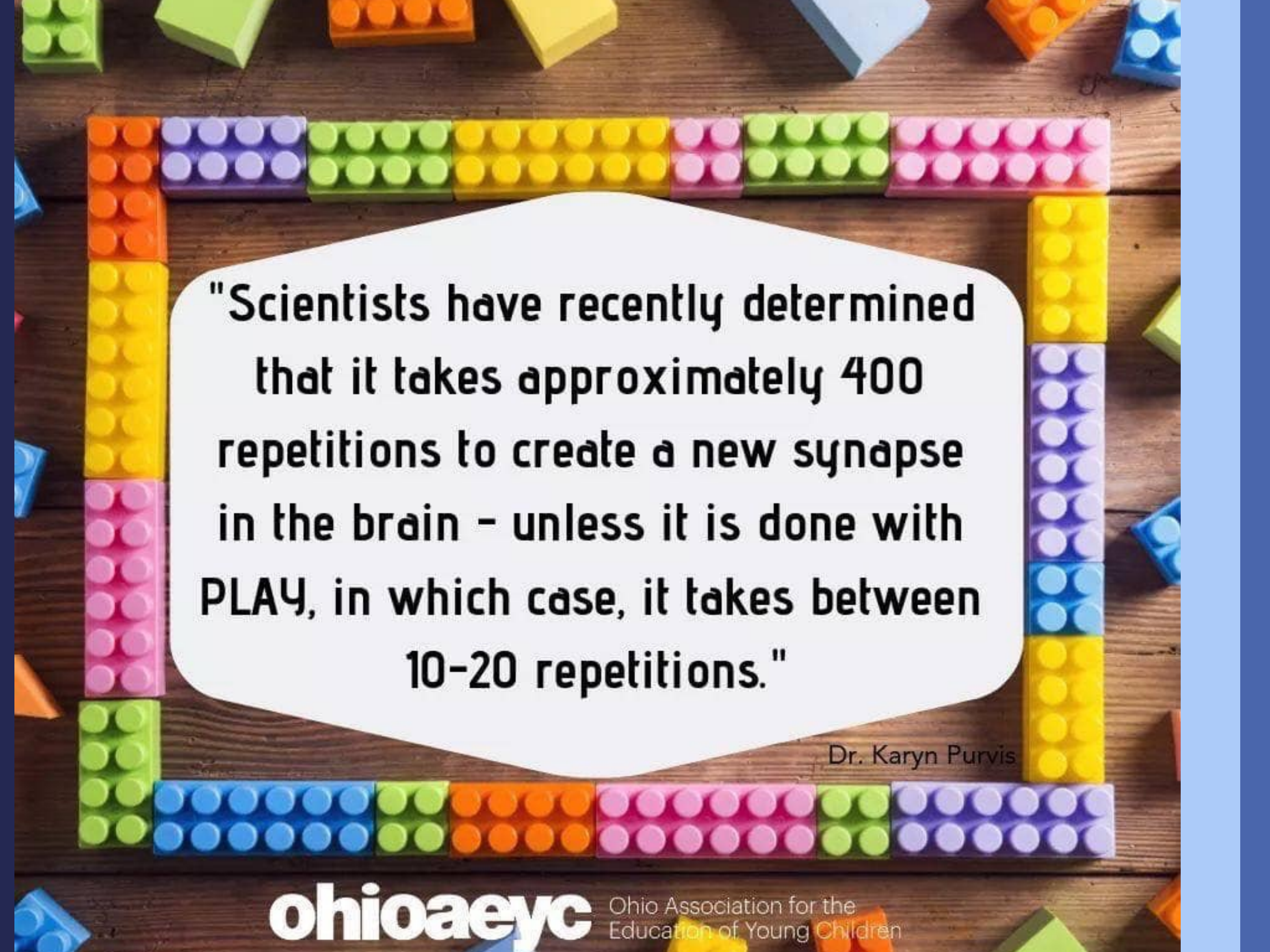
- **PREDICTABILITY**
- **ROUTINES**
- **RITUALS**
- **TRANSITIONS**

**FELT SAFETY =  
WHEN LEARNING  
CAN OCCUR!**

# Behaviour is a signal

*Focus on what is driving the behaviour,  
rather than the behaviour itself,  
that's where connection begins.*

Are they hungry?  
Are they tired?  
Are they overwhelmed?  
Are they feeling uncomfortable?  
Do they feel connected to you?  
Are you expecting too much of them?  
Do they feel heard?  
Are they feeling judged?  
Do they feel belittled?  
Are they feeling controlled?  
Do they feel disrespected?  
Does something feel unfair to them?



**"Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain - unless it is done with PLAY, in which case, it takes between 10-20 repetitions."**

Dr. Karyn Purvis

# CAN BRAIN EXERCISES HELP DELAY MEMORY LOSS OR DEMENTIA?



MEMORY



REASONING



SPEED OF PROCESSING  
INFORMATION



“The study is the largest of its kind, enrolling more than 2,800 participants ages 65 to 94 from a broad range of educational, socioeconomic, and racial and ethnic groups.

The researchers randomized volunteers either to receive 10 one-hour sessions of brain training over five to six weeks in memory, reasoning or speed of processing skills or to a no-training control group.

***“American  
Psychological  
Association,”  
March, 2014***

At the 10-year follow-up, those with training in reasoning and speed of processing experienced less decline in those cognitive abilities compared with non-trained (control) participants.

Participants in all three training groups reported significantly less difficulty performing daily living skills than did untrained participants.”

But what about prevention of Alzheimer's and other dementias?

Studies have found that exercising the mind delayed declines in thinking skills.

- The silver lining here? People who regularly challenge their minds may spend a shorter part of their lives in a state of decline, even if they do get Alzheimer's!



TRIANGLE TAPS

DIRECTION TAPS

GRID (WORKING  
MEMORY)

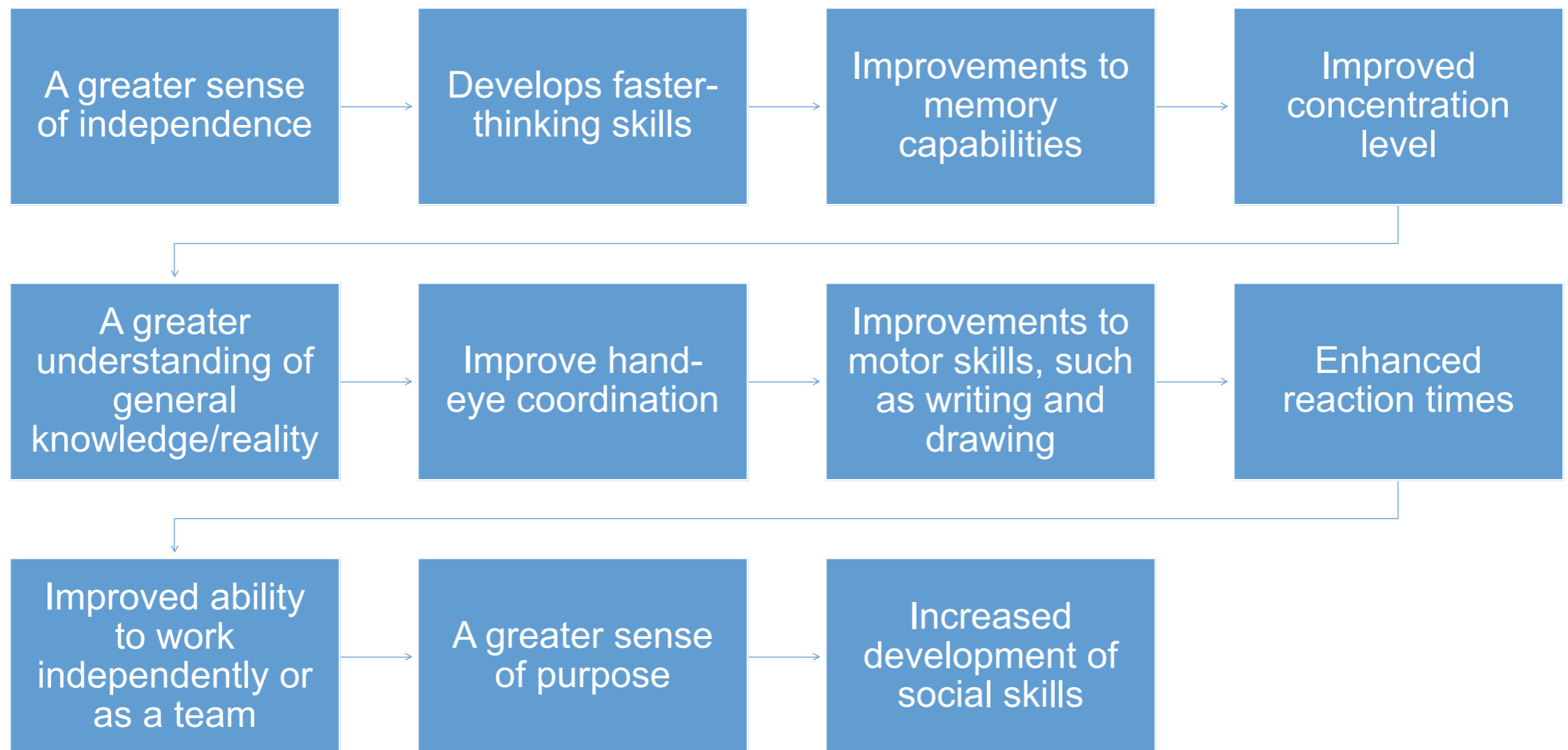
SPOT IT

BLINK

# BRAIN BREAK



# BENEFITS OF BRAIN GAMES FOR SENIORS



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Questions to Consider and Discuss for Adults who work with Seniors:

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1. How much emphasis do you place on the importance of your role (including your own history) in the process of developing a strong and secure connection with your residence?

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- 2. What issues or hurts from your past might you need to deal with in order to be more fully present and emotionally available to the residence you are working with?

- 3. Thinking in terms of leading your clients to a place you have already been yourself, what issues or challenges is your client facing that might require you to travel the healing journey for yourself in order for you to be more effective in leading your client toward feeling safe?

## Visual Motor Triangle Taps



## Skills

1. Tap and say direction of Triangle (right, up, down, left)
2. Taps the bottom arrow to match

## Black and White Arrows

1. Tap arrow and say direction



## Color Arrows

1. Taps arrow
2. Say: color, then direction.
3. Example: Blue, Right

## Number Hunt

“I see you” client answers “I see me”

(Work up to number 5... only give a small amount of directions at a time. Remember we are building for success).

Underline the 1

X the 2

Circle the 3

Box the 4

Star the 5

Note: Start with the black and white copy first. Color Number Hunt is a little more challenging

## Direction Set:

1. Tap direction in the box, while reading the word.

## 4 - Grid Single Board.

Use items to place on the board. Place a “barrier” between the two 4 squares. Client places their items to match what was placed on the “mirror” board.

# RESOURCES:

Stroop Information

<https://www.psytoolkit.org/lessons/stroop.html>

Trivia Questions

<https://www.suddenlysenior.com/best-senior-citizen-trivia/>

Sensory/Proprioceptive Exercises

<https://livehealthy.chron.com/geriatric-proprioceptive-exercises-10002.html>

ACES Score

<https://acestoohigh.com/got-your-ace-score/>

Adult Sensory Processing

<http://www.sensoryresources.com/sensory-processing-disorder-in-adults/>  
<https://www.additudemag.com/sensory-processing-disorder-in-adults/>

Benefit of Brain Games

<https://www.webmd.com/alzheimers/guide/preventing-dementia-brain-exercises#1>

Equipping Minds Brain Games

<https://equippingminds.com/conference/2017-em-conference-games/>

TBRI

<https://child.tcu.edu/about-us/tbri/#sthash.ZiHpH8zt.dpbs>

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