

קדם



האיגוד לקידום קהילות דיור למבוגרים בישראל

Visual and Cognitive Gymnastics



Brought to you by:

 **CogniEnhance**

Cogni-Enhance White Label Platform



Introduction:

Introducing an exciting new proposal for Kedem housing solutions for elders: a customized, white-labeled portal designed exclusively for its residents. This portal, fully branded with the distinctive Kedem look and feel, offers a dynamic and engaging experience, accessible at any time.

Packed with hundreds of cognitive games and exercises, this portal isn't just about entertainment; it's a powerful tool to help residents retain cognitive abilities and enhance memory skills. Each game is thoughtfully designed around themes relevant to daily activities, making the experience both fun and meaningful.

Behind this innovative platform is the expert team at Cogni-Enhance, composed of neurologists, psychologists, mathematicians, learning designers, language specialists, and top-tier software developers. Together, they've crafted a unique digital experience that blends fun and cognitive fitness, tailored specifically for Kedem residents.

**Dive into a world where entertainment meets
mental wellness, right at your fingertips!**

Our Visual and Cognitive Gymnastics Program for Seniors



Our Visual and Cognitive Gymnastics program includes various activities, each targeting specific cognitive functions. These activities are designed to keep the mind active and sharp, promoting overall cognitive health for seniors. The program includes:

1. **Visual Arrangement Strategies:** Focuses on developing the ability to perceive and organize visual information.
2. **Perceptual Analysis:** Aims to improve the ability to analyze complex visual stimuli and discern underlying patterns.
3. **Comparative Reasoning:** Enhances the ability to compare and contrast different objects or concepts.
4. **Spatial Navigation:** Develops spatial orientation and the ability to understand and manipulate spatial relationships.
5. **Classification Dynamics:** Focuses on the ability to categorize objects and ideas based on common attributes.
6. **Sequencing and Timing:** Aim to improve the understanding of temporal concepts and the ability to sequence events.

These activities provide a comprehensive workout for the brain, ensuring that participants maintain cognitive function and enjoy a stimulating and fulfilling lifestyle.



Visual Arrangement Strategies



Introduction:

In today's dynamic and fast-paced world, maintaining and enhancing cognitive skills is crucial for individuals of all ages, especially for those in retirement or senior citizens seeking to keep their minds active and sharp. Visual arrangement strategies involve perceiving and organizing visual information effectively. This course focuses on enhancing these skills through a series of engaging activities designed to cater to learners at different proficiency levels.

The course is structured into three levels, each targeting specific aspects of visual perception and pattern recognition. Level 1 focuses on developing basic perceptual skills and recognizing simple patterns, while Level 2 enhances the ability to organize and categorize visual information. Finally, Level 3 aims to develop advanced skills in spatial relationships and problem-solving.

Through a range of activities, participants will engage in tasks such as counting dots, matching patterns, creating sequences, and solving logic puzzles. These activities are not only intellectually stimulating but also fun and interactive, making the learning process engaging and enjoyable for individuals of all ages.



Visual Arrangement Strategies: Focus on developing the ability to perceive and organize visual information.

Framework:

Level 1: Basic Perception and Pattern Recognition

- **Objective:** Develop basic visual perceptual skills and recognize simple patterns.
- **Activities:** Counting dots, matching dot patterns, identifying basic shapes, and simple sorting tasks.
- **Skills Developed:** Counting, pattern recognition, basic shape identification, and sorting.

Level 2: Intermediate Organization and Categorization

- **Objective:** Enhance the ability to organize and categorize visual information.
- **Activities:** Completing symmetrical patterns, sorting dots by colour or size, creating sequences, and identifying missing elements in a pattern.
- **Skills Developed:** Symmetry, categorization, sequencing, and attention to detail.

Level 3: Advanced Spatial Relationships and Problem Solving

- **Objective:** Develop advanced skills in spatial relationships and problem-solving.
- **Activities:** Constructing complex patterns, navigating dot mazes, transforming patterns, and solving dot-based logic puzzles.
- **Skills Developed:** Spatial reasoning, complex pattern construction, problem-solving, and logical thinking.

Cognitive Benefits for Participants:

Level 1: Basic Perception and Pattern Recognition

- **Improved Concentration:** Focusing on counting and matching dot patterns can enhance students' attention and concentration skills.
- **Enhanced Pattern Recognition:** Identifying simple patterns and shapes helps develop the ability to recognize and predict patterns.
- **Basic Shape Recognition:** Learning to identify basic shapes lays the foundation for more complex visual-spatial skills.

Level 2: Intermediate Organization and Categorization

- **Advanced Categorization Skills:** Sorting dots by colour or size and creating sequences improve the ability to categorize and organize information.
- **Enhanced Memory:** Activities that involve remembering patterns and sequences can strengthen short-term and working memory.
- **Improved Problem-Solving Skills:** Determining missing elements in a pattern or completing symmetrical patterns enhances logical thinking and problem-solving abilities.

Level 3: Advanced Spatial Relationships and Problem Solving

- **Advanced Spatial Reasoning:** Constructing complex patterns and navigating dot mazes develop spatial awareness and the ability to manipulate spatial relationships.
- **Complex Problem-Solving Skills:** Solving dot-based logic puzzles and transforming patterns require higher-order thinking and advanced problem-solving skills.
- **Creative Thinking:** Creating designs and pictures using dots fosters creativity and imagination.

Conclusion:

In conclusion, the Visual Arrangement Strategies course offers a comprehensive framework for developing crucial cognitive skills through engaging and interactive activities. By targeting specific areas of visual perception and pattern recognition, participants can enhance their concentration, pattern recognition, categorization, memory, problem-solving, spatial reasoning, and creative thinking skills.

As lifelong learners, it is essential to recognize the importance of integrating such activities into daily routines to maintain and enhance cognitive abilities. Through innovative approaches like the ones presented in this course, we can foster a generation of individuals who are not only mentally active but also equipped with the cognitive skills needed to enjoy a fulfilling and stimulating retirement.

Perceptual Analysis for Seniors



Introduction:

In today's dynamic world, maintaining and enhancing cognitive skills is essential for individuals in retirement or senior citizens. Among these skills, analytical perception plays a pivotal role in equipping seniors with the ability to decipher and make sense of visual information effectively. This course is designed to offer a structured framework and a series of engaging activities aimed at developing analytical perception across three progressive levels.

The course begins with Level 1, focusing on laying the foundational groundwork for basic pattern recognition and analysis. Participants embark on a journey to enhance their attention to detail, pattern recognition abilities, visual discrimination skills, and memory recall through a variety of interactive tasks. As they progress to Level 2, the complexity of visual information increases, challenging participants to delve deeper into intermediate visual analysis and pattern recognition. Here, they refine their analytical thinking, problem-solving skills, spatial awareness, and categorization abilities. Finally, in Level 3, participants ascend to the pinnacle of analytical perception and problem-solving, tackling advanced visual stimuli and tasks that demand critical thinking, creativity, and executive functions such as planning and cognitive control.

Through a meticulously curated set of activities, participants traverse through these levels, gradually honing their cognitive abilities in a structured and engaging manner. By embracing the challenges posed at each level, learners not only develop specific cognitive skills but also lay the groundwork for more complex cognitive processes essential for enjoying a fulfilling and active retirement.



Perceptual Analysis: Aims to improve the ability to analyze complex visual stimuli and discern underlying patterns.

Framework:

Level 1: Basic Pattern Recognition and Analysis

- **Objective:** Develop foundational skills in recognizing and analyzing simple visual patterns.
- **Cognitive Benefits:** Enhanced attention, basic pattern recognition, visual discrimination, and memory improvement.

Level 2: Intermediate Visual Analysis and Pattern Recognition

- **Objective:** Enhance the ability to analyze more complex visual information and recognize intermediate patterns.
- **Cognitive Benefits:** Improved analytical thinking, problem-solving skills, spatial awareness, and categorization abilities.

Level 3: Advanced Analytical Perception and Problem Solving

- **Objective:** Develop advanced skills in analyzing complex visual stimuli and solving problems based on visual information.
- **Cognitive Benefits:** Enhanced critical thinking, advanced problem-solving, creativity, and executive functions such as planning and cognitive control.

This framework ensures a progressive development of cognitive skills, starting from basic pattern recognition to advanced analytical perception and problem-solving abilities. Each level builds on the previous one, allowing students to gradually develop their cognitive abilities in a structured manner.

Cognitive Benefits for Participants:

Level 1: Basic Pattern Recognition and Analysis

- **Enhanced Attention:** Improves the ability to focus on visual details.
- **Pattern Recognition:** Develops the skill to identify simple patterns and shapes.
- **Visual Discrimination:** Enhances the ability to distinguish between similar visual stimuli.
- **Memory:** Strengthens short-term and working memory through recall activities.

Level 2: Intermediate Visual Analysis and Pattern Recognition

- **Analytical Thinking:** Fosters the ability to analyze and interpret complex visual information.
- **Problem-Solving:** Enhances problem-solving skills through more challenging pattern recognition tasks.
- **Spatial Awareness:** Improves understanding of spatial relationships and orientation.
- **Categorization:** Develops the ability to categorize and organize visual information based on multiple attributes.

Level 3: Advanced Analytical Perception and Problem Solving

- **Critical Thinking:** Encourages critical thinking and the ability to make inferences based on visual information.
- **Advanced Problem-Solving:** Develops advanced problem-solving skills through complex visual puzzles and logic tasks.
- **Creativity:** Fosters creativity and imagination in creating and interpreting visual patterns.
- **Executive Functions:** Enhances executive functions such as planning, flexibility, and cognitive control through challenging visual tasks.

By progressing through these levels, participants not only develop specific cognitive skills but also build a foundation for more complex cognitive processes, including decision-making, abstract reasoning, and conceptual understanding.

Conclusion:

In conclusion, the Perceptual Analysis course offers a holistic approach to nurturing cognitive skills vital for thriving in today's dynamic world. By providing seniors with a progressive framework and a diverse array of activities, the course empowers them to enhance their attention, pattern recognition, analytical thinking, problem-solving, spatial awareness, and creativity.

As lifelong learners, it is imperative to recognize the significance of integrating such activities into daily routines. By fostering analytical perception from its foundational aspects to its advanced manifestations, we not only equip seniors with the tools necessary for maintaining cognitive health but also cultivate a mindset essential for enjoying a fulfilling and stimulating retirement.

Through continued engagement in cognitive activities and innovation in practices, we can ensure that seniors are adept at navigating the complexities of the modern world, armed with the cognitive skills needed to overcome challenges and enjoy a vibrant and active life.

Comparative Reasoning for Seniors



Introduction:

In retirement, maintaining and enhancing cognitive skills is essential for a fulfilling and active lifestyle. The ability to compare and contrast different objects or concepts is a fundamental skill that fosters analytical thinking and problem-solving. The Comparative Reasoning course is designed to cultivate this skill through a structured framework and a series of engaging activities, aimed at progressively enhancing participants' ability to compare and contrast across varying degrees of complexity.

The course is structured into three levels, each building upon the previous one to ensure a systematic development of comparative skills. Level 1 introduces participants to the basic concepts of similarities and differences, focusing on simple observation skills and basic categorization. As participants progress to Level 2, they engage in more complex analytical tasks, honing their ability to analyze multiple attributes, solve problems, and articulate reasons for comparisons. Finally, Level 3 challenges participants with advanced tasks that require critical thinking, abstract reasoning, and the synthesis of information from multiple sources.

Through a series of carefully curated activities, participants embark on a journey of cognitive development, culminating in the acquisition of skills essential for daily life and real-world problem-solving. By embracing the challenges posed at each level, participants not only enhance their comparative reasoning but also lay the groundwork for more advanced cognitive processes crucial for success in various facets of life.



Comparative Reasoning: Enhances the ability to compare and contrast different objects or concepts.

Framework:

Level 1: Introduction to Comparisons

- **Objective:** Introduce basic concepts of similarities and differences.
- **Skills Developed:** Basic observation skills, simple categorization, and the ability to identify direct similarities and differences.
- **Activities:** Simple comparison of colours, sizes, and shapes; identifying matching pairs; recognizing identical versus different items.

Level 2: Intermediate Analysis and Differentiation

- **Objective:** Enhance analytical skills through more complex comparisons.
- **Skills Developed:** Analytical thinking, problem-solving, categorization based on multiple criteria, and the ability to articulate reasons for comparisons.
- **Activities:** Comparing and contrasting based on multiple attributes; intermediate Venn diagrams; comparing processes or simple texts; ranking and grouping based on comparative attributes.

Level 3: Advanced Comparative Reasoning

- **Objective:** Develop advanced skills in comparative reasoning and critical analysis.
- **Skills Developed:** Critical thinking, abstract reasoning, synthesis of information from multiple sources, and evaluation of differences in complex concepts or arguments.
- **Activities:** Analyzing relationships and constructing arguments based on comparisons; evaluating perspectives or theories; synthesizing information to compare and contrast advanced texts or concepts; complex problem-solving based on comparative analysis.

This framework supports a structured approach to developing comparative skills, starting from the basic recognition of similarities and differences, advancing through more complex analytical comparisons, and culminating in sophisticated comparative reasoning and evaluation. Each level builds upon the previous one, ensuring a solid foundation of cognitive skills that are essential for a fulfilling and engaging retirement.

Cognitive Benefits for Participants:

Level 1: Introduction to Comparisons

- **Observation Skills:** Develops the ability to notice details and identify similarities and differences.
- **Basic Categorization:** Enhances the skill of grouping objects based on a single attribute.
- **Memory:** Improves memory through matching and recognition tasks.

Level 2: Intermediate Analysis and Differentiation

- **Analytical Thinking:** Strengthens the ability to analyze and interpret multiple attributes of objects or concepts.
- **Problem-Solving:** Enhances problem-solving skills through more complex comparison tasks.
- **Spatial Awareness:** Improves understanding of spatial relationships through ranking and grouping activities.

Level 3: Advanced Comparative Reasoning

- **Critical Thinking:** Develops critical thinking skills by evaluating and synthesizing information from comparisons.
- **Abstract Reasoning:** Enhances the ability to understand abstract relationships and analogies.
- **Decision Making:** Improves decision-making skills through evaluating differences and making judgments based on comparative analysis.

By progressing through these levels, participants not only develop specific cognitive skills but also build a foundation for more complex cognitive processes, including decision-making, abstract reasoning, and conceptual understanding.

Conclusion:

In conclusion, the Comparative Reasoning course offers a structured and engaging approach to developing crucial cognitive skills. By providing seniors with a progressive framework and a diverse array of activities, the course empowers them to enhance their observation skills, analytical thinking, problem-solving abilities, and critical reasoning.

As lifelong learners, it is essential to recognize the importance of integrating such activities into daily routines. By fostering comparative reasoning from its foundational aspects to its advanced manifestations, we not only equip seniors with the tools necessary for maintaining cognitive health but also cultivate a mindset essential for enjoying a fulfilling and stimulating retirement.

Through continued engagement in cognitive activities and innovation in practices, we can ensure that seniors are adept at comparing and contrasting different objects or concepts, armed with the cognitive skills needed to enjoy a vibrant and active life.

Spatial Navigation for Seniors

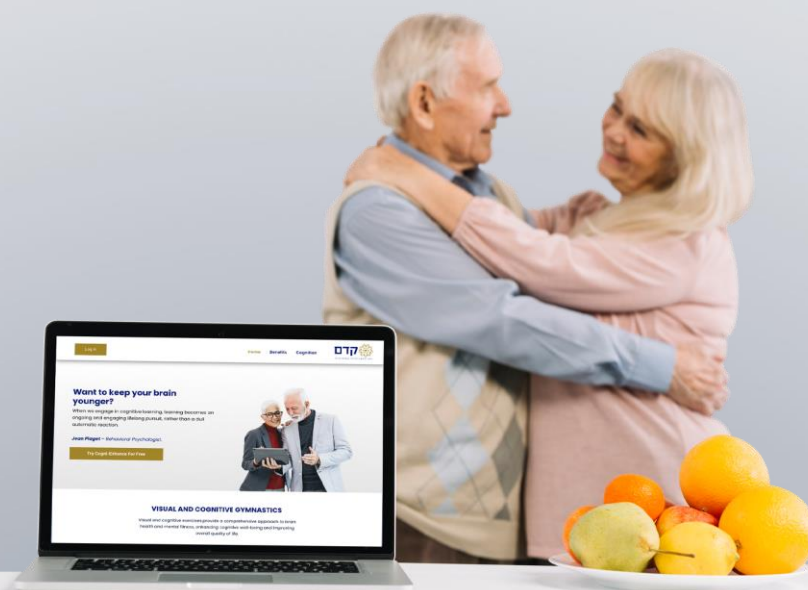


Introduction:

In retirement, maintaining and enhancing cognitive skills, especially spatial navigation, is essential for a fulfilling and active lifestyle. Spatial navigation plays a crucial role in developing one's spatial orientation and the ability to understand and manipulate spatial relationships. The Spatial Navigation course is designed to enhance these skills through a structured framework and a series of engaging activities, aimed at progressively developing seniors' spatial awareness and analytical abilities.

The course is structured into three levels, each focusing on different aspects of spatial skills development. Level 1 introduces participants to basic spatial concepts such as directions, simple positioning, and recognition of shapes and patterns. As participants progress to Level 2, they engage in more complex tasks that require them to analyze spatial relationships, understand symmetry, and navigate using coordinates. Finally, Level 3 challenges participants with advanced spatial manipulation tasks, including three-dimensional spatial understanding, complex map interpretation, and spatial problem-solving.

Through a series of carefully curated activities, participants embark on a journey of cognitive development, culminating in the acquisition of skills essential for daily life and real-world problem-solving. By embracing the challenges posed at each level, participants not only enhance their spatial skills but also lay the groundwork for more advanced cognitive processes crucial for an active and independent lifestyle.



Spatial Navigation: Develops spatial orientation and the ability to understand and manipulate spatial relationships.

Framework:

Level 1: Basic Spatial Orientation

- **Objective:** Introduce basic concepts of spatial orientation and relationships.
- **Skills Developed:** Understanding of basic directions, simple positioning, and recognition of shapes and patterns.
- **Activities:** Identifying directions, basic positioning of objects, simple map reading, shape matching, and mirror image identification.

Level 2: Intermediate Spatial Relationships

- **Objective:** Enhance the ability to analyze spatial relationships and navigate using intermediate concepts.
- **Skills Developed:** Intermediate map interpretation, relative positioning, understanding of symmetry, grid navigation, and basic transformations.
- **Activities:** Complex map reading, relative positioning, symmetry identification, grid navigation using coordinates, and understanding basic transformations.

Level 3: Advanced Spatial Manipulation

- **Objective:** Develop advanced skills in spatial manipulation and understanding complex spatial relationships.
- **Skills Developed:** Advanced spatial reasoning, complex map interpretation, three-dimensional spatial understanding, advanced transformations, and spatial problem-solving.
- **Activities:** Navigating complex maps, understanding three-dimensional shapes, applying complex transformations, solving spatial puzzles, and analyzing spatial data.

This framework supports a structured approach to developing spatial orientation skills, starting from basic understanding and navigation to advanced manipulation and analysis of spatial relationships. Each level builds upon the previous one, ensuring a solid foundation of spatial skills that are essential for daily life and real-world problem-solving.

Cognitive Benefits for Participants:

The cognitive benefits seniors can gain by completing each level of activities based on the "**Spatial Navigation**" instrument:

Level 1: Basic Spatial Orientation

- **Spatial Awareness:** Develops an understanding of basic spatial concepts such as directions and relative positions.
- **Visual Perception:** Enhances the ability to perceive and interpret visual information, such as shapes and patterns.
- **Memory:** Improves short-term and working memory through activities that require recalling the location and orientation of objects.

Level 2: Intermediate Spatial Relationships

- **Analytical Thinking:** Strengthens the ability to analyze spatial relationships and navigate using intermediate concepts.
- **Problem-Solving:** Enhances problem-solving skills through more complex spatial tasks, such as grid navigation and understanding scale drawings.
- **Spatial Reasoning:** Develops the ability to reason about spatial relationships and make predictions based on spatial information.

Level 3: Advanced Spatial Manipulation

- **Critical Thinking:** Encourages critical thinking and the ability to evaluate spatial relationships in complex situations.
- **Spatial Visualization:** Enhances the ability to mentally visualize and manipulate three-dimensional objects and spaces.
- **Advanced Problem-Solving:** Develops advanced problem-solving skills through complex spatial puzzles and challenges.

By progressing through these levels, participants not only develop specific spatial skills but also build a foundation for more complex cognitive processes, including decision-making, abstract reasoning, and conceptual understanding.

Conclusion:

In conclusion, the Spatial Navigation course offers a structured and engaging approach to developing crucial spatial skills. By providing seniors with a progressive framework and a diverse array of activities, the course empowers them to enhance their spatial awareness, analytical thinking, problem-solving abilities, and critical reasoning.

As lifelong learners, it is essential to recognize the importance of integrating such activities into daily routines. By fostering spatial navigation skills from their foundational aspects to their advanced manifestations, we not only equip seniors with the tools necessary for maintaining cognitive health but also cultivate a mindset essential for enjoying a fulfilling and stimulating retirement.

Through continued engagement in cognitive activities and innovation in practices, we can ensure that seniors are adept at spatial navigation and armed with the cognitive skills needed to enjoy a vibrant and active life.

Classification Dynamics for Seniors



Introduction:

Classification Dynamics is a course designed to enhance seniors' ability to categorize objects and ideas based on common attributes. The course is structured around a comprehensive framework that encompasses three levels of activities, each aimed at progressively developing participants' categorization skills. Through a series of engaging activities, participants embark on a journey of cognitive development, culminating in the acquisition of skills essential for daily life and real-world problem-solving.

The course begins with Level 1, which introduces participants to basic concepts of categorization and classification. As they progress to Level 2, they engage in more complex tasks that require them to analyze spatial relationships, understand symmetry, and navigate using coordinates. Finally, Level 3 challenges participants with advanced categorization tasks, including categorizing ecosystems, chemical elements, art styles, musical genres, and more.

By embracing the challenges posed at each level, participants not only enhance their categorization skills but also lay the groundwork for more advanced cognitive processes crucial for success in various aspects of life. Through continued engagement in cognitive activities, seniors can maintain mental sharpness and enjoy a fulfilling, active lifestyle.



Classification Dynamics: Focuses on the ability to categorize objects and ideas based on common attributes.

Framework:

Level 1: Basic Categorization

- **Objective:** Introduce basic concepts of categorization and classification.
- **Skills Developed:** Basic observation skills, simple categorization, and the ability to identify direct similarities and differences.
- **Activities:** Sorting by colour, shape, size, and basic food groups; matching pairs; identifying emotions and living vs. non-living objects.

Level 2: Intermediate Categorization

- **Objective:** Enhance analytical skills through more complex categorization.
- **Skills Developed:** Analytical thinking, problem-solving, categorization based on multiple criteria, and the ability to articulate reasons for categorization.
- **Activities:** Sorting by biome, material, historical period, geometric shapes, and weather phenomena; categorizing occupations, habitats, and literary genres.

Level 3: Advanced Categorization

- **Objective:** Develop advanced skills in categorization and critical analysis.
- **Skills Developed:** Critical thinking, abstract reasoning, synthesis of information from multiple sources, and evaluation of complex categories.
- **Activities:** Categorizing ecosystems, chemical elements, art styles, musical genres, government systems, ecological roles, language families, scientific theories, and cultural traditions.

This framework supports a structured approach to developing categorization skills, starting from basic sorting and identification to advanced categorization and critical analysis. Each level builds upon the previous one, ensuring a solid foundation of cognitive skills that are essential for academic success and real-world problem-solving.

Cognitive Benefits for Participants:

The cognitive benefits seniors can gain by completing each level of activities based on the "Classification Dynamics" instrument:

Level 1: Basic Categorization

- **Observation Skills:** Enhances the ability to notice details and identify common attributes.
- **Memory:** Improves memory through the recognition and recall of categories.
- **Basic Classification:** Develops the ability to group objects or concepts based on a single attribute.

Level 2: Intermediate Categorization

- **Analytical Thinking:** Strengthens the ability to analyze and categorize based on multiple criteria.
- **Problem-Solving:** Enhances problem-solving skills through more complex categorization tasks.
- **Decision-Making:** Improves decision-making abilities by evaluating and choosing between different categories.

Level 3: Advanced Categorization

- **Critical Thinking:** Develops critical thinking skills by evaluating and synthesizing information from multiple categories.
- **Abstract Reasoning:** Enhances the ability to understand abstract concepts and categorize based on complex attributes.
- **Conceptual Understanding:** Fosters a deeper understanding of concepts through advanced categorization and classification.

By progressing through these levels, participants not only develop specific categorization skills but also build a foundation for more complex cognitive processes, including decision-making, abstract reasoning, and conceptual understanding.

Conclusion:

In conclusion, the Classification Dynamics course offers a structured and engaging approach to developing crucial categorization skills. By providing seniors with a progressive framework and a diverse array of activities, the course empowers them to enhance their categorization abilities, analytical thinking, problem-solving skills, and critical reasoning.

As lifelong learners, it is essential to recognize the importance of integrating such activities into daily routines. By fostering categorization skills from their foundational aspects to their advanced manifestations, we not only equip seniors with the tools necessary for maintaining cognitive health but also cultivate a mindset essential for enjoying a fulfilling and stimulating retirement.

Through continued engagement in cognitive activities and innovation in practices, we can ensure that seniors are adept at classification dynamics and armed with the cognitive skills needed to enjoy a vibrant and active life.