



Brain Injury
Alliance
of New Jersey

732-745-0200
Helpline: 1-800-669-4323
www.bianj.org

No Brain Injury is
Too Mild to Ignore,
or Too Severe to
Lose Hope

Keeping Your Brain Active: A Listing of Cognitively Challenging Activities

Brain Injury Alliance of New Jersey

Online Cognitive Exercises

There are many websites that offer games in order to exercise an individual's cognitive skills such as language, memory, reasoning, and visual perception. Some are free and others charge a monthly subscription fee after a free trial period. It is important to know that these exercises do not substitute for cognitive therapy provided by a brain injury rehabilitation specialist. In contrast with cognitive rehabilitation which serves to improve functional status, cognitive exercises have not been demonstrated to result in improvement across cognitive domains and functional status. However, they may improve specific cognitive skills and more importantly, are fun, challenging and provide a sense of fulfillment.

Play With Your Mind

Has free games.

<http://playwithyourmind.com>

Brain Arena

Has free games.

<http://www.brainarena.com>

MyBrainGames

Has free games.

<http://www.multiplesclerosis.com/us/index.php>

PositScience

Has free games and brain teasers, with an option for paid membership.

<http://www.positscience.com>

Happy Neuron, Inc.

Has free games and brain teasers, with an option for paid membership.

<http://happy-neuron.com>

My Brain Trainer

No free games, has an option for paid membership after a free trial.

<http://www.mybraintrainer.com>



Brain Injury
Alliance
of New Jersey

732-745-0200
Helpline: 1-800-669-4323
www.bianj.org

No Brain Injury is
Too Mild to Ignore,
or Too Severe to
Lose Hope

Luminosity

No free games, has an option for paid membership after a free trial.

<http://www.lumosity.com>

Fit Brains

No free games, has an option for paid membership after a free trial.

<http://www.fitbrains.com>

Board Games and Other Games

Board games, card games, and other “brain teasers” are gaining recognition as low-cost cognitive exercisers. Some companies are marketing these games specifically for their impact on domains of cognition, including visual perception, language, memory and motor skills. Finding games and partners for playing the games with isn’t difficult. The local library or coffee house is an excellent place to start, and many communities offer “meet up groups” for board or card games—check online at www.Meetup.com or call the local library. Another option is to purchase a game, online or at a retail store. There are a few vendors who specialize in games related to different cognitive domains. As with online cognitive exercises, it is important to be aware these products are intended only to supplement and not substitute for clinical therapy.

Here are two resources for purchasing board and other games for cognitive exercises, one of them being an online retailer, the other is a brick-and-mortar store with an online catalog.

Fat Brain Toys is an online retailer. The “Brainteasers” section categorizes games according to different cognitive domains including comprehension, language, memory and visual perception.

http://www.fatbraintoy.com/toys/toy_categories/brainteasers/index.cfm

Marbles: The Brain Store is a brick-and-mortar store with locations in Freehold, Edison, and Paramus. They sell games online as well, and their games are categorized by different cognitive domains.

<http://www.marblesthebrainstore.com>

Cognitive Exercise Workbooks

Another option is a workbook with cognitive exercises that can be purchased or checked out from a library. The Brain Injury Alliance of New Jersey’s Browse and Borrow Library has several of these workbooks available to borrow, which provides a good opportunity for an individual to preview a workbook prior to purchasing. Here are some of the books in the



Brain Injury
Alliance
of New Jersey

732-745-0200
Helpline: 1-800-669-4323
www.bianj.org

No Brain Injury is
Too Mild to Ignore,
or Too Severe to
Lose Hope

library's catalog with links to a description of the book from Amazon.com and Lash Publishing.

Cognitive Functional Rehabilitation Activity Manual

<http://www.lapublishing.com/cognition-functional-rehabilitation-manual>

Daily Living Functional Rehabilitation Activities Manual

<http://www.lapublishing.com/cognition-functional-rehabilitation-manual>

Leisure Functional Rehabilitation Activities Manual

<http://www.lapublishing.com/tbi-leisure-functional-rehabilitation-manual>

The Memory Workbook

<http://www.amazon.com/Memory-Workbook-Breakthrough-Techniques-Exercise/dp/1572242582>

Conclusion

Researchers have shown the importance of keeping the mind active in order to maintain and even enhance cognitive functioning. Playing the games described above is one tool that can provide hours of entertainment. It is important to also incorporate other ways to maintain good brain functioning into a daily routine through activities such as exercise, reading, listening to music, volunteering, playing an instrument, and socializing.

This article was written by the Community Resource staff at the Brain Injury Alliance of New Jersey.

Additional information can be found at our website, www.bianj.org.