



Co-funded by the  
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# A1 - BLOCK 2

## Training Toolkit

**ID-GAMING: DEVELOPMENT OF A TRAINING PROGRAM FOR THE IMPROVEMENT OF QUALITY OF LIFE OF PERSONS WITH INTELLECTUAL DISABILITIES THROUGH “SERIOUS GAMES”**



# TOPIC 2

## Impact of cognitive training in QoL

People with ID Version





1. Cognitive functions: what are they useful for?

2. Cognitive training

3. Cognitive training and Quality of Life

# Cognitive functions: what are they useful for?

*How do we use cognitive  
functions in daily life.*



# Cognitive functions



It's a mental activity



It allows us to take information from the external environment.



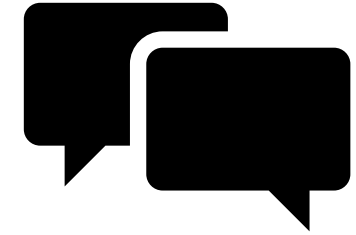
It helps to understand better what is happening and act.



We are constantly using our cognitive functions for daily activities.

# Cognitive functions addressed

- Memory and attention to detail
- Calculus and problem-solving
- Language
- Spatial orientation
- Social and emotional skills



Why are those useful?

# Language

It allows us to **communicate** with others.

## We use it for:

- Communicating an information
- Speaking about feelings and attitudes
- Causing or preventing an action



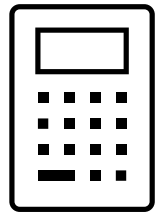
# Calculus

It is important in different jobs.

In daily life, it is important when you need to understand **numbers** and **count**.

**We use it for:**

- Counting money to buy objects
- Cooking → count and measure ingredients
- Planning and organizing → managing your time





# Problem Solving

It allows us to search and find effective solutions to problems that arise.

## We use it for:

- Planning and organization
- Communication and active listening
- Creativity
- Research and analysis



# Memory

It allows us to keep and **remember** information.

## We use it for:

- Remembering names, places, actions
- Remembering food or objects to buy at the grocery store
- Remembering to take medications
- Remembering a group of actions
- Remembering facts, directions, plans



# Attention

It helps us to **take in** useful information from the external world.

## We use it for:

Focusing energies to complete a task

Learning new things

Avoiding distractions

Creating new memories



# Spatial Orientation

It helps us understanding where we are and getting from one point to another.

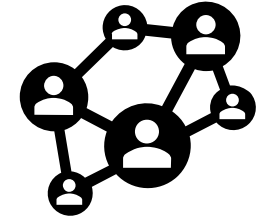
## We use it for:

- Walking to work
- Riding a bike
- Exploring a city or a new place
- Moving in a big building



# Social and Emotional Skills

They are important to **communicate** and have good relationships with other people.



## We use it for:

- Managing our emotions
- Establishing friendships, and good personal relations.
- Better adapting to the environment and accomplish tasks.
- Improve our job situation, health and general wellbeing.



# Cognitive training

*Benefits of the work on  
cognitive functions.*



# Training cognitive functions

## Why is training useful?

Our brain is always changing and adapting to our needs.  
When we train cognitive functions, we will improve our abilities.



This will improve our Quality of life.

# Benefits of Training



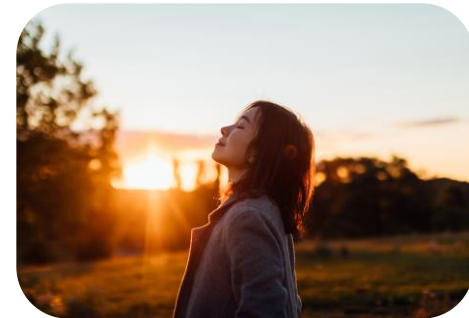
Work



Study



Sport

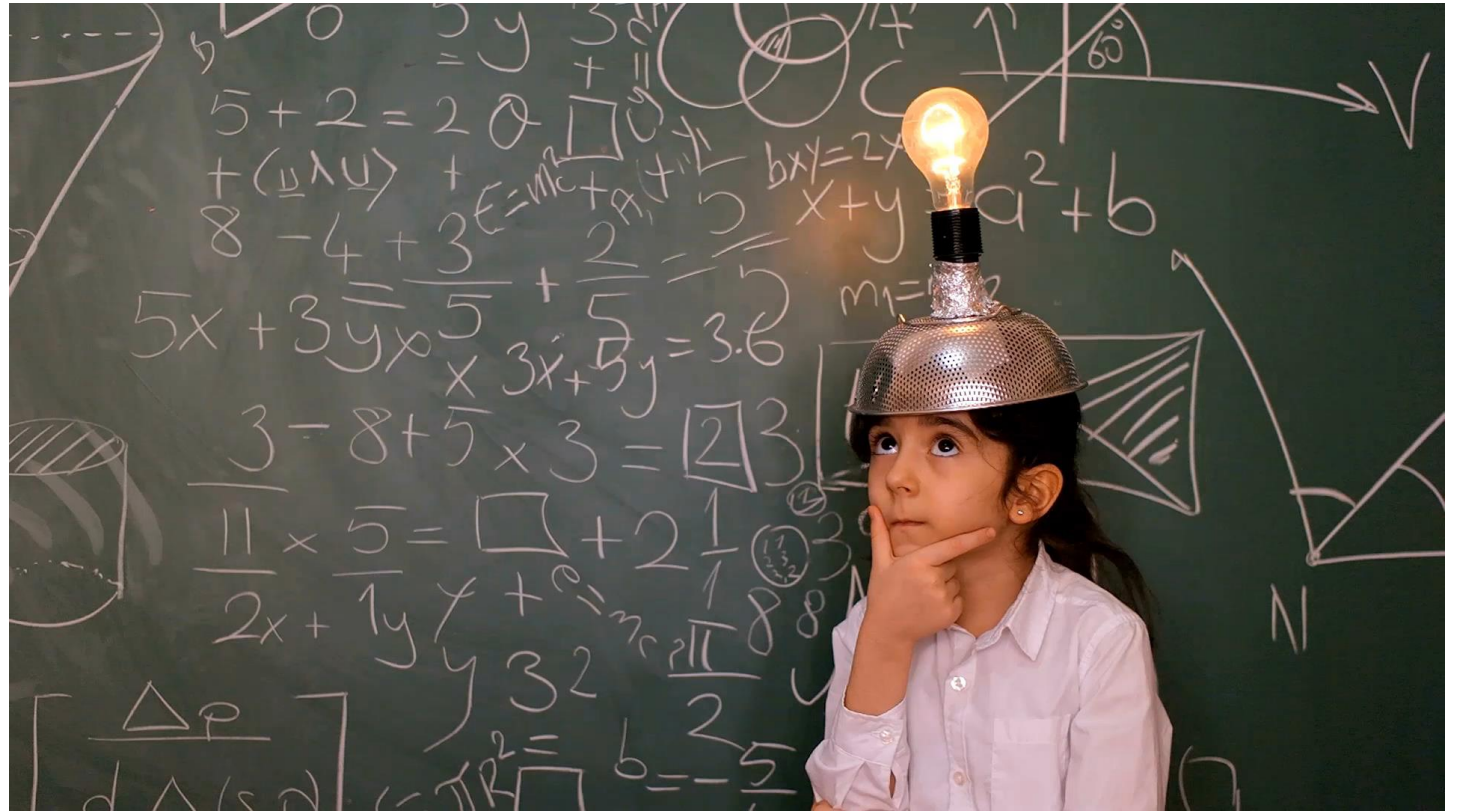


Mental wellbeing



# Cognitive Training and Quality of Life

*How working on cognitive  
functions can improve  
QoL?*



# Cognitive Functions and QoL

Improving our abilities helps us to improve our quality of life.

*Let's see some examples.*



# To the doctor

*Spatial  
orientation*

I need to go to the doctor.

I need **spatial orientation** to reach my destination.



Quality of Life improvements in:

- Self determination
- Physical wellbeing
- Rights

# Cooking

## Memory

I want to prepare a healthy dish for lunch.

I need **memory**, to remember to buy the ingredients, and the steps in the procedure. I may need to remember to check some pots or the oven while it is on.



Quality of Life improvements in:

- Self-determination
- Physical wellbeing

# Out with friends

*Language*

I have a meeting with my friends during the weekend.

I use **language** to communicate with others.



**Quality of Life** improvements in:

- Emotional wellbeing
- Interpersonal relationships
- Social inclusion

# At the store

*Calculus*

I'm going to the store to buy some items for my house.  
I use **calculus** to check my expenses and pay at the cash.



Quality of Life improvements in:  
-Self-determination  
-Material wellbeing

# At home

## *Problem solving*

After a long day, I go back home, and I want to take a shower.  
When I'm there, I realize it is broken. What can I do?

I use **problem solving** to find a suitable solution to this problem.



Quality of Life improvements in:

- Self-determination
- Physical wellbeing

# At work

*Attention to detail*

I'm at work and I am asked to learn a new task.  
I need **attention** to keep being focused on learning something new.



Quality of Life improvements in:

- Personal development
- Social inclusion



# Birthday party

*Social and emotional skills*

I am planning a birthday party with the most important people in my life.

I use **social and emotional skills** to connect with others, building meaningful relationships.



Quality of Life improvements in:

- Interpersonal relationships
- Emotional wellbeing

You reached the end of this,  
**Great job!**

Thank You

