Using Games for Stroke Recovery

When most people think of stroke recovery they think of hours of therapy, not fun and games. For those that don't qualify for therapy or those looking to supplement therapy with something fun, board games are a way to do just that! You can also have friends and family join in to help in your recovery! Here are a few types of board games that can help in your recovery, allow you to see progress over time and just have fun!

- Andrew S. Bub "The Gamerdad"

"Can I do it? Should I do it?"

Board Game types

Legacy
These are the games we are all familiar with. Playing games you know may set you up for success.
Examples: Monopoly, The Game of Life, Clue

Dexterity Games
Challenge the hand eye coordination, able to create focus and use impaired area.
Examples: Crokinole, Klask, Flick games, Junk Art

Fine Motor Skills
Games that can make improving your ability to hold a pen, turn doorknobs as well as pinch or grab things.
Examples: Puzzles, Blokus, Connect Four, Dominos

Board Game types Cont.

Memory Games
Games that support memory and mental agility, clarity and create a fun atmosphere.
Examples: Trivial Pursuit, Scrabble, Catan

General Knowledge/Trivia
Trivia and general knowledge games let you test your memory, have fun with others and mark progress.
Examples: Cranium, Wits & Wagers, Timeline Classic

Cooperative
These games let you play in a group and focus with others. It is fun and again can help gauge improvement.
Examples: Spirit Island, Pandemic, Bandido

Strategy
These games will focus on complex thinking, multiple steps and cause and effect. It is also a way to play games with friends and family!
Examples: Chess, Photosynthesis, Mantis, Survive

Single Player
These games keep your mind occupied when you are alone, help build confidence and let you monitor your progress.
Examples: Gentle Rain, Solitaire, Cat Crimes

Party Games
These are the games we are all familiar with, if you love these games and are familiar with the rules, try playing them!
Examples: Wits & Wagers, GibGab, Hues & Cues