

# Exercises for WegWijzer navigation training

The healthcare provider and the patient could do this together, or the patient can do it at home on their own or with a family member or caregiver.

***If you have difficulty with the first-person perspective (egocentric), but the helicopter perspective (allocentric) still works well for you:***

It's best if you learn to navigate using the bird's-eye perspective. You learn to understand your surroundings independently of your own position.

*Identify locations using relations in the environment; how do objects relate to each other? How are they configured?*

- Practice indicating your position on a map by observing landmarks in the surroundings.
- Practice with directions: Where is north? Which landmark is south of you?
- Practice measuring distances. Are the landmarks close together?

*Using maps:*

- Think of your route in advance and indicate it on the map. What intersections are important? What action do you take there?
- Pay attention to direction. Do you walk north, west etc.?
- Practice navigating using a GPS tracker or smartphone. Set the map so that it always points north.

*Let go of the first-person perspective:*

- While walking, pay attention to your surroundings. Don't just focus on a fixed route.
- Use your mental map or a real map to figure out where you are.
- Don't just depend on the left-right rules for orientation. Look at the relationships between landmarks and the surrounding area.

***If you have difficulty with the bird's-eye perspective (allocentric), but the first-person perspective (egocentric) still works well for you:***

It's best if you learn to navigate using the first-person perspective. It is advised you learn to navigate using first-person perspective knowledge: routes, directions and sequences.

*Sense of direction:*

- Pick a significant spot in the environment, like the train station.
- Take a walk through the city. Look in the direction of the train station every minute.
- Try to remember where the station is as you walk.
- When you reach the end of the route, walk back toward the station.

*Remembering routes:*

- Practice remembering routes.
- Look carefully at every turn and important location on the route.
- Make sure you remember the main landmarks.
- Remember the order of the turns. How often did you turn left or right, and in what order?
- Connect landmarks with actions. Take the time to carefully look at the landmarks. What does the point look like if you encounter it again later?

*Let go of the bird's-eye perspective:*

- Pay close attention to the environment as you make your way along the route.
- Don't always rely on the cardinal directions (north, south, east, west).
- Make sure you can always find your way back to places you recognize.
- Stay on the main path and don't take shortcuts unless you are practicing a new route.