



**Cognitive  
Therapeutics  
Method**



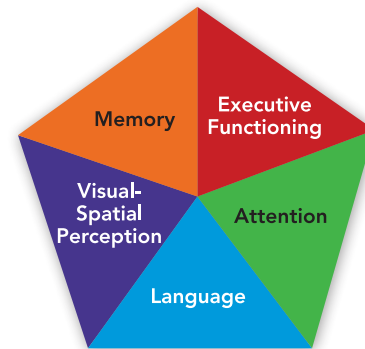
*Exercise your mind the way you exercise your body.*

## Engage in cognitively stimulating activities scientifically developed to keep aging minds sharp.

The **Cognitive Therapeutics Method™** is a science-based activities program designed to support brain health by slowing the progression of cognitive aging. Home Care Assistance extensively trains caregivers in the Method so they keep our clients mentally sharp and help protect cognitive health. While changes in cognitive functioning are a normal part of aging, there are proactive ways for older adults to stay cognitively healthy for longer.

## The Cognitive Therapeutics Method stimulates the five cognitive domains.

Activities in the Cognitive Therapeutics Method are based on scientific evidence indicating how cognitive training forms new connections in the brain to maintain functioning. The Method exercises not only memory, but all five domains of the brain that have been shown to be affected by cognitive aging. These five domains are illustrated in the diagram to the right.



**Executive Functioning** includes cognitive abilities such as reasoning, problem solving, judgement and thought flexibility.

**Attention** refers to the ability to focus on a specific piece of information for a long period of time while ignoring competing distractions.

**Language** refers to the ability to execute verbal functions, including spontaneous speech, speech repetition, speech comprehension, naming, reading and writing.

**Visual-Spatial Perception** involves the ability to accurately perceive an object's physical location and understand the relationships between objects.

**Memory** refers to the ability to retain information and utilize it later.

### About Home Care Assistance

*Our mission at Home Care Assistance is to change the way the world ages.* We provide older adults with quality of care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.

We train our caregivers in the Cognitive Therapeutics Method to promote brain health and an engaged lifestyle for older adults. Contact us today to learn more about our Cognitive Therapeutics Method and our home care services.

**1-866-4-LIVEIN • 1-866-454-8346 • [www.HomeCareAssistance.com](http://www.HomeCareAssistance.com)**