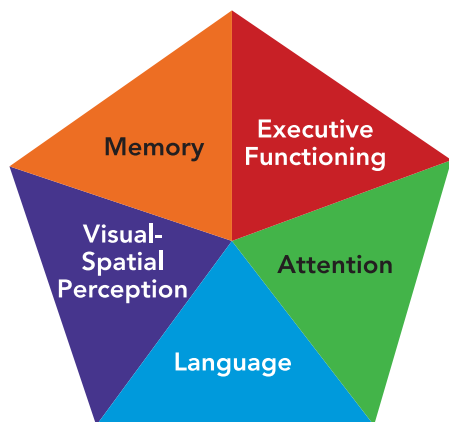


The Cognitive Therapeutics Method targets the five primary domains of the mind:



Executive Functioning includes cognitive abilities such as reasoning, problem solving, judgment, 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.

Why Home Care Assistance Pioneered the Cognitive Therapeutics Method

Home Care Assistance has been the leading provider of in-home care for seniors since 2003. Our mission is to change the way the world ages and to that end, we are constantly creating innovative programs that improve the lives of aging adults. To take advantage of the latest research suggesting that mental stimulation is associated with slower cognitive decline, we decided to develop a science-based cognitive stimulation program that can be administered one-on-one in the comfortable home environment.

Now your loved one can harness the benefits of non-pharmacological cognitive intervention with a Cognitive Therapeutics Method-trained caregiver from Home Care Assistance.

Improve Quality of Life and Delay
Cognitive Decline – at Home!



334-593-3988

www.HomeCareAssistanceMontgomery.com



Introducing the Cognitive Therapeutics
Method, a new program developed by
Home Care Assistance

334-593-3988

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Why use an ordinary caregiver when you can have a caregiver who is trained in the Cognitive Therapeutics Method?

Home Care Assistance proudly trains caregivers in our proprietary Cognitive Therapeutics Method so that clients receive one-to-one mental stimulation as well as support with basic care and activities of daily living. The Cognitive Therapeutics Method not only improves our clients' mental acuity, but also their overall engagement and happiness.

What is the Cognitive Therapeutics Method?

The Cognitive Therapeutics Method is an activity-based program designed to prevent the onset of new forms of cognitive decline, as well as slow the progression of existing symptoms for individuals already experiencing cognitive impairment. Based on cutting-edge scientific research and the landmark National Institutes of Health report, suggesting that mental stimulation is associated with slower cognitive decline, the Method currently includes over 20 activities targeting the five primary domains of the mind.

Research over the past few decades has advanced the understanding of neuroplasticity and suggests that the brain can adapt throughout life. Neuroplasticity is the brain's ability to reorganize itself by forming new connections to strengthen and rebuild an



active mind. This is especially important as we age. In order to form these new networks of connections, neurons need to be stimulated through cognitive activity. This is why health-care professionals and families alike are excited about the Cognitive Therapeutics Method.

Resources for Family Members

Whether you or your loved ones are worried about being affected by dementia one day or are currently experiencing symptoms, our **Home Care Assistance** office is a resource center to help address your concerns. We offer educational tools to help family members support their loved ones as their caregivers administer Cognitive Therapeutics Method activities.

Expert Support for Caregivers and Clients

Home Care Assistance offers clients a dedicated Client Care Manager to oversee caregivers and care plans and to ensure clients are happy over the course of their relationship. We also have a full team of professional researchers to manage the Cognitive Therapeutics Method, develop new programs and activities, and provide resources and support.

Call us today to schedule a free consultation to determine how we can best serve your family.