

Better Faster Treatment Program for Rehab Professionals

Healthcare organizations are under increasing clinical, financial, and regulatory pressure to produce “better, faster” outcomes in post-acute care. Simultaneously targeting cognitive and functional deficits may accelerate rehabilitation outcomes throughout post-acute settings. Based on science completed by the BCAT® Research Center, evidence-based protocols for persons with MCI and mild dementia were created to enhance functional outcomes and “right size” care. Research showed participants progressed from dependent to independent in these five ADLs: continence, dressing, feeding, functional transfers, and toileting.

These eight session prescriptive protocols leverage components of the BCAT® Approach and are used by speech language pathologists and/or occupational therapists in a variety of settings and provide session by session skilled interventions that target attentional capacity, working memory, and executive functioning skills.

The BCAT® Approach is an integrated approach to cognitive care delivery that includes the BCAT® Test System, evidence based BCAT® Interventions, and the ENRICH® Brain Health Program.

- **The BCAT® Test System** offers clinicians a variety of assessment tools that determine each patient’s cognitive and practical judgment abilities. Using the BCAT® Test and or the BCAT®-SF to identify each patient’s level of cognitive impairment, clinicians are equipped with objective measures that facilitate level of care determinations and provide predictive information regarding discharge disposition.
- **The BCAT® Interventions** are the core of the prescriptive treatment protocols recommended skilled interventions. The following resources are used to comprehensively address each patient’s cognitive and functional needs.
 - The BCAT® Working Memory Exercise Book – Home Edition
 - The BCAT® Working Memory Exercise Book – Professional Edition
 - Brain Rehab Modules that provide a variety of online, interactive cognitive exercises
- **The ENRICH® Brain Health Program** is web-based program used by patients and family members to learn about brain-healthy behaviors, complete several self-administered screening tools and receive action plans that promote cognitive health and wellness.

If you would like more information on how the BCAT® Approach can support the needs of your organization, please reach out to us at info@thebcat.com.

Mansbach, W. E., Mace, R. A., Tanner, M. A., Knoepfel, E., Maxwell, R., & Chew, F. (2020). Integrating working memory exercises with nursing home rehabilitation to achieve “better, faster” functional outcomes. *Topics in Geriatric Rehabilitation*, 36(1), 60-68. 10.1097/TGR.0000000000000256