

Cognitive Enhancement Program for Activities Professionals

The goal of the Cognitive Enhancement Program (CEP) is to enhance cognition and support brain health throughout the lifespan while residents are aging in place in residential living and or home-based settings. The programming tools used in this program can be offered one to one (1:1) or in a group setting as appropriate.

The BCAT® Approach is the only comprehensive evidence-based approach that seamlessly integrates the accurate identification of cognitive status with cognitive enhancement and meaningful engagement activities. Residents who have probable mild cognitive impairment (MCI) or mild-stage dementia can benefit from appropriate working memory exercises (cognitive enhancement), and nearly all individuals can benefit from meaningful engagement activities.

The BCAT® Approach as a Foundation

BCAT® Test System: Center or home-based caregivers are trained in the administration of select screening and assessment tools available in the BCAT® Test System. Using these objective measures to identify each individual's current level of cognition allows the professional to select customized programming to address each individual's cognitive health and wellness needs.

BCAT® Interventions are selected based on each individual's cognitive ability level. For persons with mild cognitive impairment, a focus on cognitive remediation may be appropriate. For persons with moderate or severe impairments, activities that provide cognitive stimulation and meaningful engagement opportunities may be selected.

Clinicians can leverage the following treatment tools to customize the right program

- **MemPics® Book Series**
- **MemPics® Grab'N Go**
- **The BCAT® Working Memory Exercise Book (WMEB) – Home Edition**
- **Brain Rehab Modules** which are interactive online exercises

ENRICH® Brain Health Program: educational tools and resources related to brain health are reviewed with participants to support health literacy and overall cognitive wellness.

If you would like to more information on the BCAT® Cognitive Enhancement Program for Activities Professionals, or would like to learn more about how a BCAT® partnership can support your organization, please reach out to us at info@thebcat.com.