

The BCAT® Cognitive Health and Wellness Program

The Cognitive Health and Wellness Program was validated in the BCAT® Research Center and developed to help each resident live life to the fullest with an emphasis on brain health and fitness. Through the provision of cognitive exercises, education on the aging process and meaningful engagement activities, this specially designed curriculum integrates group and individual activities facilitated by an ‘engagement coach’ where participants will learn both preventative and proactive strategies for brain health.

Candidates for the Program

- Participants are screened using the BCAT® Test System tools to determine level of cognition. Those demonstrating normal aging, mild cognitive impairment (MCI) and/or mild dementia are ideal candidates for this program.
- This program’s emphasis on cognitive health and wellness, provides organizations with a comprehensive, scientifically validated program to promote overall brain health to older adults living in senior living communities, skilled nursing facilities, outpatient clinics, adult day programs and virtually through a telehealth platform.

Components of the program

- The comprehensive program curriculum provides organizations with six (6) months of lesson plans to execute cognitive exercises, educational materials, one-page handouts, and all of the resources needed for seamless implementation.
- This program is designed to be offered in twice per week format, with each session lasting 45-60 minutes.
- Each session includes a group activity, recommended exercises, and optional supplemental cognitive exercises that can be done independently or between sessions if needed.
- Topics such “Understanding Memory Loss and Cognitive Impairment” and “Living a Brain Healthy Lifestyle” engage participants in learning about the importance of cognitive wellness and providing them with cognitively challenging exercises.
- A designated group leader or ‘engagement coach’ will lead the discussions, using the session-by-session content to engage, educate and support older adults aging in place at home or in residential communities.
- Tools needed to offer the program include the following:
 - Participants will need a BCAT® Starter Kit consisting of: **3 MemPics® books** and **1 BCAT® Working Memory Exercise Book – Home Edition**
 - Engagement Coach / Group Facilitator will need a BCAT® Test System License, a **BCAT® Working Memory Exercise Book – Professional Edition** and the **Brain Health as You Age: A Practical Guide to Maintenance and Prevention** book.

If you would like to more information on the BCAT® Cognitive Health and Wellness program or would like to discuss how a BCAT® partnership can support your organization, please contact us at info@thebcat.com.