

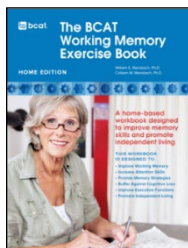
Why Cognition Matters

For older adults, cognition should be considered a “**vital sign.**” Vital signs are measurements of the body’s basic functions and are vital for healthy functioning. Cognition is at the center of everything we do and is essential for us to successfully perform everyday tasks. It consists of multiple domains, including *attention*, *memory* (e.g., remembering to take medications, remembering a doctor appointment), and *executive functions* (e.g., judgment, problem-solving, reasoning). Impairments in cognition make it very difficult to function at home independently. Taking proactive steps to routinely participate in cognitive exercises is beneficial to your brain health.

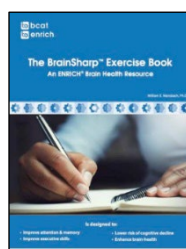
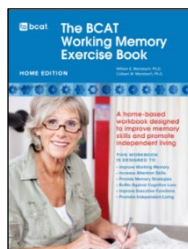
Your healthcare professional recommends the following plan:

Complete exercises 5x/week for 15 min a day for best results using the resource(s) selected below.

The BCAT® Working Memory Exercise Book – Home Edition improves a person’s ability to perform activities of daily living (e.g., bathing, dressing, meal preparation, house cleaning, etc.).



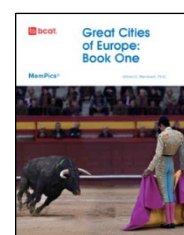
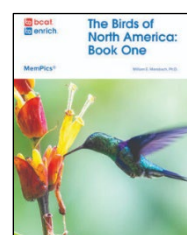
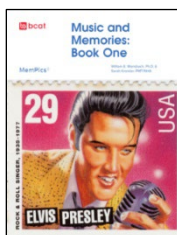
<https://enrichvisits.com/shop/exercisebook-homeedition>



<https://enrichvisits.com/shop/exercisebook-homeedition>

<https://enrichvisits.com/shop/the-brainsharp-exercise-book>

MemPics® books provide cognitive stimulation and promote meaningful engagement. These tools can be used to slow the rate of decline and help preserve quality of life. There are 13 books available based on interest. <https://enrichvisits.com/individuals-family-members-bookstore>



You can track completion of your cognitive exercises using this form. Aim for at least **15 minutes a day and at least 5 days a week**.

[illegible]