

Cognitive Therapy Powered By BCAT® - Prescriptive Treatment Protocol: Mild

Instructions: Each session, start with **The BCAT® Working Memory Exercise Book - Professional Edition (WMEB – Professional)** exercises. Education around the importance of brain health, accessing free brain health resources via the **ENRICH® Brain Health** program website, and prescribing a cognitive home program for each participant are core components of the **BCAT® Approach**.

BCAT® Scores: 25 - 33

Session	Primary Therapy Intervention <i>BCAT® Test System & WMEB - Professional Edition</i>	Supplemental Therapy Interventions <i>BrainSharp™ and the Digital Working Memory Exercise Platform</i>	Patient Responsibility <i>WMEB - Home Edition *Home Exercise Program</i>	Notes/Tips
1	Complete initial evaluation - Administer BCAT® & VPJ® and discuss results. Introduce ENRICH® website* Word Association 1.1 and 1.2*	BrainSharp™ Maze 1 Level 1 Memory Match Animal Kingdom Level 1	Assign 1-2 exercises from: Number - Symbol Level 1	* www.enrichvisits.com Complete ENRICH® Calculator *If Word Association activities are difficult to complete, consider the Visual Cancellation Activities Level 1.
2	Administer VPJ® - if not completed. Picture Sorting 1.1, 1.2, 2.1 Word Sort 1.1, 1.2 and 1.3	BrainSharp™ Maze 2 Level 1 Memory Match Postage Stamps Level 1	Assign 1-2 exercises from: Picture Sorting Level 1 Word Sort Level 1	Educate on how improving underlying cognitive skills will improve functional task performance.
3	Review the ENRICH® Calculator results. Processing Instructions 1.2, 1.3 Story Recall 1.1, 1.2, 2.1*	BrainSharp™ Maze 3 Level 1 Memory Match Places & Landmarks Level 1	Assign 1-2 exercises from: Processing Instructions Level 1 Story Recall Level 1	Demonstrate ENRICH® Membership sign up feature to receive free Brain Exercise of the Week and educational content about Brain Health. *The Story Recall exercises can be completed by reading independently or with stories read aloud by a care partner.
4	Arrange the Picture 1.1, 1.2, 2.1, 2.2. Word Association 1.1, 1.2	BrainSharp™ Maze 4 Level 1 Memory Match Animal Kingdom Level 1/2 & Postage Stamps Level 1/2	Assign 1-2 exercises from: Word Association Level 1 Arrange the Picture Level 1	Consider moving to Level 2 in Memory Match activities, as appropriate.
5	Landmark Details 1.1 and 1.2 Linking Phrase 1.1, 1.2, 1.3	BrainSharp™ Maze 5 Level 1 Memory Match Places & Landmarks Level 1/2	Assign a Taking it to the next level exercise.	Consider moving to Level 2 Mazes as appropriate
6	Re-administer BCAT® and VPJ®* Discuss results with patient, family, IDT. Spot and Remember 1.1, 1.2, 1.3	BrainSharp™ Maze 6 Level 1 Memory Match Animal Kingdom Level ½	Assign 1-2 exercises from: Spot and Remember Level 1 Linking Phrases Level 1	Consider re-administration results and impact on plan of care.
7	Review ENRICH® Membership. Use BCAT® Discharge Planning Crosswalk to prescribe Cognitive Home Exercise Program. Names and Faces 1.1 and 1.2 Picture Recall 1.1 and 1.2	BrainSharp™ Maze 7 Level 1 Memory Match Animal Kingdom Level 2, Places & Landmarks Level 2	Assign Taking it to the next level activities. Resident/Family Education and Training Prior to Discharge	Determine appropriate resources to support cognitive home exercise program. Give handout: Cognition is a Vital Sign . Take patient/family to website to review recommended tools/purchase materials. www.enrichvisits.com Review benefits of the ENRICH® Membership and Family Matters Interview Series flyer.
8	Resident/Family Education and Training Prior to Discharge Names and Faces 1.3, 2.1 Picture Recall 1.3 2.1	BrainSharp™ Maze 8 Level 1 Memory Match Places & Landmarks Level 2 & Animal Kingdom Level 2	Review handout - Cognition is a Vital Sign	Train patient and or caregivers in utilization of cognitive home exercise program resources.