

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

Instructions: The interventions in this protocol are intended for patients with BCAT® scores 19-24, starting with Level 1 exercises is recommended. While the majority of patients with memory impairment can benefit from **The BCAT® Working Memory Exercise Book – Professional (WMEB – Professional)** exercises, there occasionally will be patients who do not. If the patient can maintain sustained attention for 5 minutes without becoming agitated or wandering, they can likely benefit from these interventions. 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. If the Moderate Dementia interventions are too simple, shift to the Mild Dementia protocol.

BCAT® Scores: 19-24

Session	Primary Therapy Interventions BCAT® Test System/WMEB - Professional	Supplemental Therapy Interventions BrainSharp™ and the Digital Working Memory Exercise Platform	MemPics & MemPics Grab 'N Go	Notes and Tips
1	Consider administering the BADS® and/or KPT® . Discuss results with patient, family, and IDT. Visual Cancellation 1.1, 1.2	BrainSharp™ Maze 1 Level 1 Flower Power Word Search Pg 6 Memory Match Animal Kingdom Level 1	If the patient is unable to complete the activities in The BCAT® Working Memory Exercise Books and/or Digital Working Memory Exercise Platform activities, consider using MemPics® books.	Complete BrainSharp™ Word search activities to target attention skills.
2	Consider administering the BCIS® Administer CBS-8** if behavior management concerns exist. Complete MemPics® Activity Visual Cancellation 1.3	BrainSharp™ Maze 2 Level 1 Lucky Numbers Word Search Pg 7 Memory Match Postage Stamps Level 1	Provide patient with choice of 2 or 3 MemPics® books topics for use in therapy session.* Select one MemPics® chapter. Start with the picture and questions.	*If there are behavioral issues, consider using the BCAT® 3D Behavior Management Program *Review MemPics® Person-Centered Activities Engagement Inventory with patient and/or caregivers, to identify most meaningful MemPics® topic(s)
3	Utilize Great 8 Communication Tips during therapy and determine most effective strategies that improve communication and functional abilities.* Complete MemPics® Activity	BrainSharp™ Maze 3 Level 1 Sweet Genius Word Search Pg 10 Memory Match Places and Landmarks Level 1	Complete 1-2 chapters in the MemPics® book of choice.	*Highlight the specific strategies that are most meaningful and or effective. Leave a copy of The Great 8 Communications Tips in the room. Share with IDT. *Establish training time to review strategies with care partners.
4	During training, target specific Great 8 Communication Tips with family/caregivers. ENRICH® website - ENRICH® Calculator.* Complete MemPics® Activity	Brain Sharp™ Maze 4 Level 1 State Capitals Word Search Pg 9 Memory Match Animal Kingdom Level 1	Complete therapy session using MemPics® and MemPics® Grab'N Go activities.	*ENRICH® website www.enrichvisits.com to complete ENRICH® calculator.
5	WMEB - Professional Edition: Arrange the Pictures* 1.1, 1.2, 1.3 & 1.4. This exercise does not depend on language skills but can build concentration.*	BrainSharp™ Maze 5 Level 1 Broadway Shows Word Search Pg 5 Memory Match Postage Stamps Level 1		*The Arrange the Pictures task targets organizing functional tasks into smaller steps. This skill is important to optimize independence to enhance safety and lower risk.
6	Re-assess using BCAT® , BADS® , KPT® and/or BCIS® (as appropriate). Discuss results with patient, family, IDT. Use BCAT® Discharge Planning Crosswalk for Cognitive Home Exercise Program.	BrainSharp™ Maze 6 Level 1 Elemental Word Search Page 4 Memory Match Places & Landmarks Level 1		Give handout - Cognition as a Vital Sign and recommended tools to support the Cognitive Home Program prescription. Review prescription with patient and care partner(s). Recommended home exercise prescription is 5x week for 15 minutes each day.
7	Picture Recall 1.1, 1.2, 1.3 Complete MemPics® Activity. Review cognitive home exercise program.	BrainSharp™ Maze 7 Level 1 Three Ring Word Search Page 12 Memory Match Animal Kingdom Level 1	Complete MemPics® chapter.	Provide education and training to care partners regarding Cognitive Home Program materials and recommended prescription.
8	Patient/Family/IDT Education and Training Prior to discharge. Picture Sorting 1.1, 1.2, 1.3	BrainSharp™ Maze 8 Level 1 Sweet Genius Word Search Pg 10 Memory Match Postage Stamps Level 1		*Provide the following resources to the patient/family prior to discharge: (1) Great 8 Communication Tips, (2) Cognition as a Vital Sign, (3) Family Matters Interview Series Flyer