



**15 For Me.**

## **An Evidence-Based Solution for Older Adults, Their Families, and the Professionals Who Take Care of Them**



## 15 For Me® Integration in Senior Living Communities

The BCAT® Research Center has developed an innovative wellness program for the older adults, employees, and caregivers/families in your community.

Our Program offers three wellness applications that can be completed in 15 minutes a day.

1. **A Comprehensive Brain Health Plan for Older Adults:** 15 For Me® enhances the well-being and cognitive vitality of older adults promoting longevity, mental acuity, and overall quality of life.
2. **Employee Based Stress Reduction and Retention Program:** 15 For Me® is designed to lower overall stress, improve job satisfaction, and improve overall perception of organization.
3. **Caregivers and Families:** 15 For Me® supports caregivers and families, equipping them with the tools and knowledge to maintain their own cognitive wellness and enhance quality of life.

The Benefits of 15 For Me® Programming in Senior Living Communities include the following:
✓ Offers individuals an opportunity to take their “stress temperature” throughout the program.
✓ Evidence-based activities for stress reduction.
✓ Meditation series for those with or without cognitive impairment.
✓ Sample exercise curriculums for cardio and strength training.
✓ Digital and interactive cognitive exercises that can be done individually or in a group setting.
✓ Powers marketing efforts and offers a way to differentiate from competitors.
✓ Promotes resident and family engagement to increase overall satisfaction.
✓ Promotes aging in place, maximizes resident independence.
✓ Reporting and analytics to help understand utilization patterns across your organization.

## 15 For Me® Programming Options

*Below are two 15 For Me® programming options that can be offered in senior living community settings. Each program offers unique tools and resources that promote cognitive wellness and stress reduction, maximize independence, and improve the overall brain health of all persons throughout their lifespan. As you review these options, note that the second package provides additional support and resources and offers exclusive content for residents, staff, and families.*

### 15 For Me Standard®

- ✓ Access to the 15 For Me® web-based application for all your residents, families, and employees.
- ✓ Life Enrichment programming with an emphasis on meaningful engagement for persons with dementia for use in 1:1 and group settings using the 15 For Me® App.
- ✓ Simple exercise curriculums appropriate for persons with or without dementia.
- ✓ Meditation series **Engage Your Senses** used to minimize behaviors such as late day confusion or “sundowning.”
- ✓ **The Great 8 Communication Tips** to support successful resident/caregiver communication.
- ✓ ENRICH® Brain Health program access with free Brain Exercise of the Week for residents.
- ✓ Access to the **Family Matters Interview Series** that highlights topics important to caregivers of persons with cognitive impairment.

### 15 For Me Plus®

**15 For Me® Standard** resources **PLUS** the following:

- ✓ Sample exercise curriculums for cardio and strength training.
- ✓ Comprehensive curriculum to implement the “Engage your Senses” meditation series.
- ✓ Reporting and analytics to help you understand utilization patterns across your organization.
- ✓ Dedicated account manager support with up to (1) hour per quarter of program integration support or health coaching.

## 15 For Me® Programming for Senior Living Communities (Including Memory Care)

<p><b>The Mood-5 (M5®)</b></p>	<p>Individuals have an opportunity to take their “stress temperature” before they begin the program. Since stress can be hard to measure, a tool called the Mood-5 (M5®) is used. The Mood-5 (M5®) is a validated, peer-reviewed scale for measuring psychological burden. Psychological burden is defined as a subjective stress construct consisting of anxiety and depression symptoms, somatic and cognitive symptoms.</p>
<p><b>Participating in the 3C’s for 15 Minutes a Day</b></p>	<p>The 15 For Me® program incorporates the use of cognitive activities, physical exercise, and a focus on centered breathing to enhance mood and promote overall well-being. Participants are directed to select 10-12 minutes of either a Cardio or Cognitive exercise each day. These activities are followed by 3-5 minutes of Centered Breathing and are scientifically validated to promote maximum health benefits.</p>
<p><b>Resident focused Meaningful Engagement Programs</b></p>	<p>15 For Me® is a holistic approach to resident-focused engagement, recognizing that well-being encompasses the physical, mental, and emotional aspects of life. Through our expertly crafted 1:1 and group programming, residents will embark on a journey towards improved health, vitality, and a renewed sense of purpose.</p>
<p><b>Access to Health Coaching</b></p>	<p>A Health Coach is a trained professional who works with clients or organizations in a group or 1:1 setting. The purpose of a Health Coach is to help individuals or organizations gain the knowledge, skills, tools, and confidence to take responsibility for their wellness and lifestyle, enabling them to reach their health goals.</p>
<p><b>Engage Your Senses Guided Meditations</b></p>	<p>Leveraging meditation as a non-pharmacologic intervention for late day confusion or “sundowning,” as well as other challenging behaviors can provide caregivers additional tools to meet the needs of persons living with dementia.</p>
<p><b>Supporting Staff and Mitigating Turnover Risk</b></p>	<p>15 for Me® Program offers staff access to stress reduction tools to mitigate turnover and promote retention. Our data supports over 80-90% stress reduction, improved job satisfaction, and improved perception of organization.</p>
<p><b>Reporting and Analytics</b></p>	<p>Detailed employee engagement reporting details utilization patterns across your organization, while protecting privacy.</p>