

Evidence-Based Guided Meditation for Persons with Cognitive Impairment



The 15 For Me® Program now offers guided video meditations that promote relaxation and lower stress using targeted breathing. These videos offer both a visual and auditory engagement opportunity for those with or without cognitive impairment. The "Engage Your Senses" series is designed to reduce dementia-related behaviors, bolster brain health, and improve mood.

Benefits

- Decrease sundowning symptoms
- Improved focus and attention
- Improved sleep quality
- Stress reduction
- Emotional regulation
- Decreased agitation and restlessness

The Science Behind Why It Works

