

BCAT® Transitions in Care – Cognitive Home Exercise Program

Active participation in evidenced-based cognitive exercises is a key ingredient to maintaining brain health and the ability to perform cognitive and functional tasks successfully. Leverage BCAT® Test results to establish an individualized cognitive home exercise program. To achieve optimal outcomes, a cognitive exercise prescription of **5x per week for at least 15 minutes each day** is recommended to mitigate decline, promote brain health, and to support safe and sustainable transitions in care.

Step 1: Utilize the BCAT® Test Scores to prescribe an individualized cognitive exercise program.

Step 2: Utilize the crosswalk below to determine the appropriate BCAT® resources for a home exercise program based on level of cognition.

Step 3: Provide client, family and/or caregivers with **Client Handout Cognition as a Vital Sign**. Provide education and training on integration of client specific **Cognitive Home Exercise Program Clinical Tools** to support sustainability of brain health and cognitive wellness.

Cognitive Stage	BCAT® Test Scores	Cognitive Home Exercise Program Clinical Tools
· Normal aging · Mild Cognitive Impairment (MCI) · Mild impairment and/or dementia	BCAT® Total Score of 25-50	· The BCAT® Working Memory Exercise Book - Home Edition · The BrainSharp™ Exercise Book · ENRICH® Brain Health Program · Digital Working Memory Exercise Modules
· Moderate impairment and/or dementia · Severe impairment and/or dementia	BCAT® Total Score of 0-24	· MemPics® Book Series (13 different topics are available) · MemPics® Grab’N Go Book · The Dementia Journey: A Navigation Manual for Family Members

References

Mansbach, W. E., Mace, R. A., Tanner, M. A., Knoepfel, E., Maxwell, R., & Chew, F. (2020). Integrating working memory exercises with nursing home rehabilitation to achieve “better, faster” functional outcomes. *Topics in Geriatric Rehabilitation*, 36(1), 60-68.

Mansbach, W. E., Mace, R. A., Clark, K. M., Firth, I. M. (2015). Meaningful Activity for Long-Term Care Residents With Dementia: A Comparison of Activities and Raters. *The Gerontologist*, 00(0), 1-8.

Book and Description	Link to purchase
The BCAT® Working Memory Exercise Book – Home Edition: This workbook contains exercises which target attention, memory, and organization skills. Clinicians prescribe this workbook to target specific activities that will improve cognition while maintaining brain health and lowering the risk for dementia.	https://enrichvisits.com/shop/exercisebook-homeedition
The BrainSharp™ Exercise Book: This book contains three specific exercise types: mazes, word scrambles, and word searches. Clinicians prescribe this book to improve cognitive performance and everyday functioning.	https://enrichvisits.com/shop/the-brainsharp-exercise-book
MemPics® Book Series: MemPics® books activate old memories through pictures and conversations about familiar people, places, object, and events. Clinicians prescribe MemPics® books to offer persons with memory loss a variety of cognitively enhancing activities that provide opportunities for meaningful engagement with family members or caregivers. There are 13 different topics available.	https://enrichvisits.com/individuals-family-members-bookstore

