



BCAT[®] Integration in Senior Living Communities



BCAT® Integration in Senior Living Communities

The BCAT® Approach is an evidence-based cognitive care delivery model that leverages comprehensive assessment, evidence-based treatment interventions, and patient engagement activities to maximize the cognitive and functional abilities in older adults who are aging in place. Senior living communities that use the BCAT® Approach focus on cognition as a vital sign with a common goal of supporting optimal brain health and cognitive wellness.

The Benefits of BCAT® Programming in Residential Communities include the following:	
✓	Supports significant ROI within the first year of implementing the BCAT® core components.*
✓	Offer a comprehensive suite of tools that identify changes in cognition and in functional performance
✓	Brain health programming solutions to promote overall well-being for persons across the cognitive continuum
✓	Evidenced-based cognitive activities for 1:1 or group settings
✓	Support management of behavioral and psychological symptoms of dementia (BPSDs)
✓	Offer scientifically validated non-pharmacologic meaningful engagement activities for residents across the cognitive continuum
✓	Powers marketing efforts and offers a way to differentiate from competitors
✓	Access to educational offerings and resources specific to dementia management
✓	Promotes aging in place, maximizes resident independence

**Financial ROI resources available upon request.*

BCAT® Programming Options

Below are the BCAT® Programming options that can be offered in residential community settings. Each option offers unique tools and resources that promote cognitive wellness, functional performance, and improve the overall brain health of residents throughout their lifespan. There are also supplemental resources available. As you review the options, note that each package becomes progressively more comprehensive and offers something for residents, staff, and families.

BCAT® Certified Community

- BCAT® Test System assessment tools leveraged to inform care planning based on cognitive and functional performance.
- Life Enrichment programming with an emphasis on meaningful engagement for persons with dementia for use in 1:1 and group settings using the MemPics® book series.
- Great 8 Communication Tips to support successful resident/caregiver communication.
- Computer-based cognitive exercises offered to all residents to promote brain health.
- 15 For Me® Program offers cognitive, cardio, and centered breathing activities for residents and families.
- 15 For Me® meditation series **Engage Your Senses** used to reduce stress and minimize behaviors such as late day confusion or “sundowning.”
- BCAT® caregiver training video series provides education around approaches to caring for persons with cognitive impairment.
- Access to the Family Matters Interview series that highlights topics important to caregivers of persons with cognitive impairment.
- Stress reduction tools to mitigate turnover and promote retention.
- ENRICH® Brain Health program access with free Brain Exercise of the Week for resident.
- Brain Health-7 educational series that includes 8 sessions for residents that focuses on key brain health lifestyle choices.
- Family Matters Interview Series that highlights topics important to caregivers of persons with cognitive impairment.
- Standard BCAT® marketing and communication package.
- BCAT® Integration Specialist.
- Analytics package.



BCAT® Cognitive Center of Excellence

- **BCAT® Certified Community** resources plus the following:
- Community book package to support residents and families including:
 - *The Dementia Journey: A Navigation Manual for Family Members* book.
 - *The BrainSharp™ Exercise Book* to offer additional cognitive activities provide and by the Life enrichment staff.
 - *The BCAT® Working Memory Exercise Book – Professional Edition and Home Edition*
 - *Basic Understanding to Dementia: The Healthcare Practitioner’s Guide*
 - *Brain Health as You Age: A Practical Guide to Maintenance and Prevention*
- BCAT® Sundowning Manual companion guide to Engage Your Senses meditation videos.
- BCAT® Cognitive Health and Wellness Program curriculum providing 6 months of educational content and cognitive exercises.
- Quarterly family-based education series with topics related to cognition, brain health and wellness.
- BCAT® caregiver training video series.
- Enhanced BCAT® marketing and communication package.



BCAT® Clinical Programming for Senior Living Communities

Assessment Tools	The BCAT® Test System equips providers with six unique assessment tools that are sensitive to the full spectrum of cognitive functioning and can predict performance in basic and instrumental activities of daily living (ADL/IADL). The results inform the care team and may facilitate level of care determinations, aid in fall prevention programs, and help with non-pharmacological behavior management. These tools provide staff with key information related to each resident's memory, attention, and practical judgment skills and provide guidance around the impact of anxiety and or depression symptoms.
A Cognitive Care Delivery Model	The BCAT® Research Center has created a variety of evidenced-based assessment and cognitive activities used to support residents across the cognitive continuum. These tools provide level of care determinations based on current cognitive functioning. A variety of clinical programming tools focus on maintaining brain health across the lifespan and offer meaningful engagement and cognitive stimulation activities to residents in more advanced stages of dementia.
Resident focused Meaningful Engagement Programs	With a focus on meaningful engagement, staff can offer 1:1 or group-based programming for persons across the cognitive continuum. With something for everyone, residents can complete online cognitive exercises and/or participate in meaningful engagement activities that activate old memories through pictures and conversations about familiar people, places, objects, and events. Activating old memories provides a foundation for engaging participants in directed conversation to improve cognitive performance.
Behavior Management Tools	Our scientifically validated tools offer communities an evidence-based, interprofessional approach to reducing dementia-related behaviors while emphasizing non-pharmacological interventions. This program integrates: the CBS-8® tool for identifying and tracking dementia-related behaviors, resident-centered interventions with recommended utilization of the BCAT® 3D Dementia-Related Behavior Management Manual.
A Focus on Wellness: The 15 for Me® Program	Well-being is at the center of this program. Life Enrichment, Nursing, and other staff members can provide residents with brain healthy and mood boosting activities including cognitive exercises, physical activity and centered breathing or meditations designed specifically for persons with cognitive impairment. Leveraging meditation as a non-pharmacologic intervention for BPSDs such as late day confusion or "sundowning" can provide caregivers additional tools to meet the needs of persons living with dementia.
Supporting Staff and Mitigating Turnover Risk	The 15 For Me® Program offers staff access to stress reduction tools to mitigate turnover and promote retention.
Family and Caregiver Education and Resources	Educational caregiver training videos are available to support staff onboarding and enhance skills. Quarterly family-based education series with topics related to cognition, brain health, and wellness is available with the BCAT® Cognitive Center of Excellence designation.