Why Home Care Assistance Pioneered the Cognitive Therapeutics Method™

Home Care Assistance has been the leading provider of in-home care for seniors since 2002. Our mission is to change the way the world ages and to that end, we are constantly creating innovative programs that improve the lives of aging adults. Inspired by the latest research suggesting that cognitive engagement and positive lifestyle factors are associated with better cognitive health, we decided to develop a lifestyle program that brings fun, cognitively engaging activities in the comfortable home environment.

Now your loved one can incorporate cognitively stimulating activities in the daily routine with a Cognitive Therapeutics Method-trained caregiver from Home Care Assistance.

Executive Functioning includes cognitive abilities such as reasoning, problem solving, judgment, and thought flexibility.

Attention refers to the ability to focus on a specific piece of information for a long period of time while ignoring competing distractions.

Language refers to the ability to execute verbal functions including spontaneous speech, speech repetition, speech comprehension, naming, reading, and writing.

Visual-Spatial Perception involves the ability to accurately perceive an object’s physical location and understand the relationships between objects.

Memory refers to the ability to retain information and utilize it later.

Introducing the Cognitive Therapeutics Method™, a program developed by Home Care Assistance

1-866-454-8346
www.HomeCareAssistance.com
Why use an ordinary caregiver when you can have a caregiver trained in the Cognitive Therapeutics Method™?

Home Care Assistance proudly trains caregivers in our proprietary Cognitive Therapeutics Method in order to help clients live a brain healthy lifestyle while they are supported with basic care to perform activities of daily living successfully. The Cognitive Therapeutics Method not only keeps our clients cognitively engaged but also improves their overall quality of life and happiness.

What is the Cognitive Therapeutics Method?

The Cognitive Therapeutics Method is a program designed to promote brain health and improve quality of life through cognitive engagement and positive lifestyle guidance. Consistent with growing evidence, such as the ACTIVE study funded by the National Institutes of Health, that suggests certain factors are associated with long-term brain health benefits, the Method currently includes cognitive activities and lifestyle support designed to improve long-term brain health and wellbeing.

Research over the past few decades has advanced the understanding of neuroplasticity and suggests that the brain can adapt throughout life. Neuroplasticity is the brain’s ability to reorganize itself by forming new connections to strengthen and rebuild an active mind. This is especially important as we age. In order to form these new networks of connections, an individual needs to keep the brain engaged and make positive lifestyle choices, such as exercising regularly and eating well. This is why healthcare professionals and families alike are excited about the Cognitive Therapeutics Method.

Resources for Family Members

Whether you or your loved ones are worried about being affected by dementia one day or are currently experiencing symptoms, our Home Care Assistance office is a resource center to help address your concerns. We offer educational tools to help family members support their loved one as their caregivers administer Cognitive Therapeutics Method activities and daily habits.

Expert Support for Caregivers and Clients

Home Care Assistance offers clients a dedicated Client Care Manager to oversee caregivers and care plans and to ensure clients are happy over the course of their relationship. We also offer clients and family members various brain health resources developed by our care experts and research team that led the development of the Cognitive Therapeutics Method.

Call us today to schedule a free consultation to determine how we can best serve your family.

1-866-454-8346 • HomeCareAssistance.com/Cognitive-Therapeutics-Method