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## **Home Care Assistance Montreal Announces New Intervention Program to Delay Cognitive Decline Associated with Dementia (CTM)**

*Home Care Assistance unveils the Cognitive Therapeutics Method™, a cognitive intervention program based on cutting-edge scientific research, to improve the care of its clients who suffer from dementia*

**(Montreal, QC – June 6, 2016)** [Home Care Assistance Montreal](#), the leading provider of in-home senior care, is proud to unveil the [Cognitive Therapeutics Method™](#), an activity-based cognitive intervention program designed to delay the onset of new symptoms and the progression of existing symptoms in individuals with mild to moderate dementia, such as Alzheimer’s disease. At minimum, Home Care Assistance interventionists possess a bachelor’s degree in psychology and complete a comprehensive Cognitive Therapeutics training program so that clients receive one-on-one mental stimulation tailored to their specific needs.

“We are thrilled to be launching such a valuable and exciting program,” said Timothy Thomas, Director of Business Development for Home Care Assistance Montreal. “The Cognitive Therapeutics Method is an invaluable resource that both cognitively healthy individuals and those experiencing symptoms of cognitive decline can use to promote a brain-healthy lifestyle.”

The Method can be beneficial to a wide range of clients including those who are worried about being affected by dementia one day and others who are currently experiencing symptoms. The program includes over 300 interventions with varying levels of difficulty to choose from. By completing a detailed cognitive assessment, life story analysis and behaviour index rating, they select interventions that are appropriate for each individual. CTM can not only improve a clients’ mental acuity, but also their overall engagement and happiness. The activities target the five primary domains of cognition: [executive functioning](#), [memory](#), [visual-spatial perception](#), [attention](#) and [language](#), as well as diet, exercise, stress management, social engagement, recreation and sensory perception.

Home Care Assistance also trains its caregivers in the Cognitive Therapeutics Method which offer a unique alternative to clinics and residential centers in which there are a small number of staff members caring for many patients and in which services involving personalized cognitive rehabilitation are limited or nonexistent. Providing professional care within the home not only allows clients to maintain their privacy but also supports psychological and emotional wellbeing.

To learn more about the Method, visit [www.HomeCareAssistanceMontreal.ca/Cognitive-Therapeutics-Method.html](http://www.HomeCareAssistanceMontreal.ca/Cognitive-Therapeutics-Method.html). For more information about Home Care Assistance Montreal, call 514-907-5065 or visit them

online at [www.HomeCareAssistanceMontreal.ca](http://www.HomeCareAssistanceMontreal.ca). Their office is located at 4464 Sainte Catherine West in Montreal, Quebec.

## **ABOUT HOME CARE ASSISTANCE**

[Home Care Assistance](#) is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. The company was recognized as a [2016 Endorsed National Provider](#) by the home care industry's leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.

## **ABOUT COGNITIVE THERAPEUTICS**

Cognitive Therapeutics is the scientific division of Home Care Assistance and provides a full range of cognitive activities for individuals with cognitive difficulties, including Alzheimer's disease, within the home. The Cognitive Therapeutics Method is the first program of its kind to promote increased daily functioning through cognitive rehabilitation in the familiar home environment. The goal of the Cognitive Therapeutics Method, which was developed based on scientific research pointing to non-pharmacological interventions as a way to slow cognitive decline, is to delay the onset of new symptoms and to delay the progression of existing symptoms of cognitive decline. Home Care Assistance caregivers are trained to administer activities in the Cognitive Therapeutics Method to keep clients engaged and mentally sharp. For more information about the Cognitive Therapeutics Method, visit [www.CognitiveTherapeutics.com](http://www.CognitiveTherapeutics.com).