



Media Contact:

Kathryn Zakskorn

Director of Franchise Marketing

650-462-9501

kzakskorn@homecareassistance.com

Home Care Assistance of Colorado Springs and El Paso County Announces Cognitive Therapeutics Interventionist Program

(Colorado Springs, CO – October 13, 2016) [Home Care Assistance of Colorado Springs and El Paso County](#), a leading provider of in-home care for seniors, is proud to announce the initiation of Cognitive Therapeutics Method™ Interventionist Program and welcomes CTM Interventionist, Peggy Cusick, to the Home Care Assistance team. As a Cognitive Therapeutics Interventionist, Peggy's role will focus on a personalized brain health program for each client which involves engaging and cognitively stimulating activities in the comfortable home environment. Peggy received a Bachelor's degree in Sociology with a concentration in Gerontology from Towson University in Towson, Maryland. She has 26 years of extensive professional and volunteer experience caring for seniors in the nonprofit sector, senior centers, hospitals, nursing homes and hospice settings. Her passion for helping older adults live healthier, happier lives is very much in line with Home Care Assistance's commitment to providing exceptional care.

"The Cognitive Therapeutics Method is the first program of its kind designed to manage symptoms of dementia by using cognitive activities, performed one-to-one with clients in their homes," said Dorothy Silvanic, owner of Home Care Assistance. "The research shows that the comfort and familiarity of the home is most conducive to prolonging mental acuity without the challenges and added stress of adjusting to a strange environment."

The [Cognitive Therapeutics Method™](#) is 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. Based on cutting-edge scientific research and a National Institutes of Health report suggesting that mental stimulation is associated with slower cognitive decline, the Method includes activities targeting the five primary cognitive domains. Home Care Assistance caregivers are trained in the Method so that clients receive one-on-one mental stimulation as well as support with basic care and activities of daily living, supporting overall quality of life. In addition, the Cognitive Therapeutics Method Interventionist program involves three one hour sessions per week and tailors mentally stimulating activities to the individual.

The activities included in CTM target the five primary domains of cognition: executive functioning, memory, visual-spatial perception, attention and language. Having a caregiver trained in CTM offers 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 Home Care Assistance and the Cognitive Therapeutics Method™ call 719 822-1229 or visit www.HomeCareAssistanceCSprings.com.

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, 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, visit <http://www.homecareassistance.com>.