

BCAT[®] Integration in Senior Living Communities



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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:

- ✓ 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
- ✓ Promotes resident and family engagement to increase overall satisfaction
- ✓ Access to educational offerings and resources specific to dementia management
- ✓ Promotes aging in place, maximizes resident independence

BCAT® Programming Options

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

BCAT® Certified Memory Care 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.
- ✓ Simple exercise curriculums appropriate for persons with dementia.
- ✓ Meditation series **Engage Your Senses** used to reduce stress and minimize behaviors such as late day confusion or “sundowning.”
- ✓ Great 8 Communication Tips to support successful resident/caregiver communication.
- ✓ Educational tools for staff and families who support persons with dementia.
- ✓ Access to the Family Matters Interview series that highlights topics important to caregivers of persons with cognitive impairment.

BCAT® Certified Community:

- ✓ **Certified Memory Care Community** resources and the following:
- ✓ Online, interactive computer-based cognitive exercise platform offered to all residents to promote brain health.
- ✓ Access to the 15 For Me® Program offers cognitive, cardio, and centered breathing activities for residents and families.
- ✓ BCAT® Dementia program resources used to mitigate dementia-related behaviors and promote meaningful engagement.
- ✓ ENRICH® Brain Health program access with free Brain Exercise of the Week for resident.
- ✓ Staff access to stress reduction tools to mitigate turnover and promote retention.

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 provided by the Life enrichment staff.
- ✓ BCAT® caregiver training video series provides education around approaches to caring for persons with cognitive impairment.
- ✓ Quarterly family-based education series with topics related to cognition, brain health and wellness.

BCAT® Clinical Programming for Assisted Living and Alzheimer’s and Dementia Care

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	Research guides our cognitive interventions tools and our Dementia Care programming. Patients are assessed and level of care determinations can be made 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 fun digital cognitive exercises or can join their peers for participation in meaningful engagement activities that activate old memories through pictures and conversations about familiar people, places, object, 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 three primary components: the CBS-8® tool for identifying and tracking dementia-related behaviors; the 3D Behavior Management approach decodes problem behaviors and introduces specific resident-centered interventions.
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 late day confusion or “sundowning”, as well as other challenging behaviors can provide caregivers additional tools to meet the needs of persons living with dementia.
Supporting Staff and Mitigating Turnover Risk	15 for Me® Program offers Staff access to stress reduction tools to mitigate turnover and promote retention, includes health coaching.
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.