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**Home Care Assistance Announces New Activities-Based Program to Delay
Cognitive Decline**

Home Care Assistance of Rhode Island introduces the Cognitive Therapeutics Method™, a cognitive activities program based on cutting-edge scientific research, to improve the care of its clients who suffer from some form of dementia

(Wakefield, RI – Decemeber 15, 2019) Home Care Assistance, 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. 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 currently includes over 300+ activities targeting the five primary cognitive domains: Attention, Executive Functioning, Language, Memory, and Visual Spatial. Home Care Assistance Interventionists 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.

“The Cognitive Therapeutics Method is the first program of its kind designed to manage symptoms of dementia and those with cognitive impairments, by using cognitive activities, performed one-to-one with clients in their homes,” said Dr. Samuel Gontkovsky, Executive Director of Research and Development. “Our 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 activities included in CTM target the five primary domains, having an interventionist 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.

Many home care companies claim that they are dementia experts or that their caregivers are trained to provide premier dementia care. While these caregivers do typically understand the symptoms of dementia and how to manage difficult behaviors associated with the disease, they do not have the training or expertise to cognitively engage clients and delay the onset of new symptoms. Home Care Assistance interventionists are trained in CTM and are equipped to not only slow cognitive decline among clients, but also delay the onset of symptoms.

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, chemo brain, delirium syndrome, and other dementia and cognitive impairment related disease within the home. The Cognitive Therapeutics Method is the first program of its kind to promote increased daily functioning through cognitive stimulation engagement within the familiar home environment through one on one activities that focus on the five primary domains. The goal of the Cognitive Therapeutics Method, which was developed and based on scientific research pointing to non-pharmacological interventions as a way to slow cognitive decline, to delay the onset of new symptoms and to delay the progression of existing symptoms of cognitive decline. Home Care Assistance Interventionists 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 or call your nearest Home Care Assistance office at (401) 284-0979 or our CTM Interventionist, Sabrina Sargent at ssargent@homecareassistance.com.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is a provider of home care for seniors, 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 Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. Call our Home Care Assistance Of Rhode Island office located at 50 South County Commons Way, Wakefield RI, at (401) 284-0979 or visit our website at www.homecareassistancerhodeisland.com