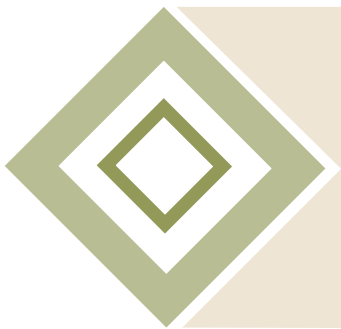


# A Smarter Way To Maintain the Brain



## THE BCAT® APPROACH TO COGNITIVE ACUITY

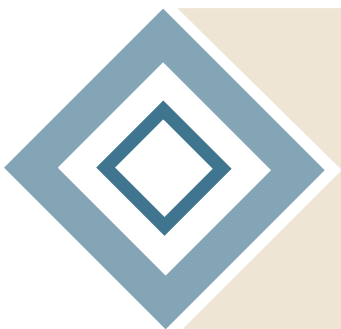
Available to all residents of Charles E. Smith Life Communities,  
a recognized BCAT® Cognitive Center of Excellence.



### Assessment Tools

The BCAT® Test System provides:

- Objective measures of cognition, practical judgment and mood.
- A baseline from which to measure changes to cognitive function.
- Evidence-supported fluctuations in cognitive abilities.
- A person-centered approach to preserving independence.



### Intervention Programs

Evidence-based programming provides:

- Needs met for community residents across every level of living.
- Access to cognitive wellness programs at the community.
- Evidence-based approach to reducing dementia-related behaviors.
- Promotion of positive engagement and decreased agitation.



### Brain-Healthy Resources

Online access to user-friendly tools:

- Educational videos.
- ENRICH® Brain Health calculator.
- myMemCheck®, the best cognitive self-assessment available.
- A personal action-plan creator.

# THE BCAT® APPROACH AT CESLC

The BCAT® Approach helps preserve cognitive function, which directly helps each resident maintain independence and a high quality of life.

Our unique partnership with the BCAT® Approach fits our vision to be the provider of choice for innovative programs and services that enrich and enhance the quality of life for older adults.

## FACT

The ability to perform daily activities improves through cognitive exercises.

CESLC provides access to the ENRICH® Brain Health program, an online platform for brain-healthy behaviors.

## FACT

Because brain function controls everything we do, cognition is often considered a vital sign.

CESLC conducts cognitive testing to identify strengths and weaknesses and develop personalized cognitive care strategies.

## FACT

Behaviors and lifestyle adjustments can reduce the chances of age-related dementia.

CESLC provides educational materials on dementia and cognitive decline for residents and family members.

## FACT

CESLC offers training and tools to aid our associates in successful communication between our community and your family.

To learn more about the advantages of choosing Charles E. Smith Life Communities, call **301-200-5226**.

