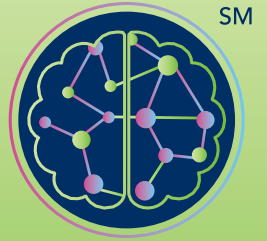


KINNECTIONS BRAIN HEALTH

at Kindley Assisted Living



Kinnections is a research-based brain health assessment and engagement program that provides insights and recommendations to maximize cognitive function. Kinnections combines assessment, goal-setting, wellness, and therapy for a comprehensive strategy addressing brain health.

GETTING STARTED

It all starts with a comprehensive cognitive assessment that examines the seven cognitive domains: sensory motor; attention; memory; executive function; processing speed; language; social cognition.

The cognitive assessment includes a:

- » Global cognition assessment
- » Subjective memory scale
- » Quality of life indicator
- » Cognitive/motor performance
- » Domain-specific cognitive performance

GETTING ENGAGED

All new residents of Kindley Assisted Living receive a general health assessment prior to moving in. If your screening indicates you could benefit from the Kinnections program, our therapy professionals can administer the cognitive assessment. Based on those findings, the team will create a customized slate of strategies and recommendations to target opportunities for improvement noted in the report. They may include:

- » A brain engagement plan
- » Establishment of personal goals
- » Tailored exercise program
- » Nutrition program
- » Referral for additional therapy, home health services or a clinical evaluation with a physician or neurologist

Meet the Kinnections Development Team

Sue Paul, MBA, OTR/L, CHC, FAS, BHTC

Sue Paul is an occupational therapist and Certified Health Coach with more than 30 years of experience working with older adults and neurodegenerative conditions including dementia.

Ryan Glatt, MSc, CPT, NBHWC

Ryan Glatt is a trainer and brain-health coach who works with researchers to study the effects of cognitively enhanced and comprehensive exercise plans at the Pacific Brain Health Center.

5 SUE PAUL'S TIPS TO BETTER BRAIN HEALTH

“My parents said it. Maybe yours did, too. If it doesn't challenge you, it doesn't change you.” – Sue Paul



Seek novel experiences

Add randomness and surprise by changing your routines – it's the unpredictable element that challenges your brain.



Nurture with nature

Take a walk in the woods or a nearby park. Being mindful in nature by taking in the sights, sounds and smells helps your brain de-stress, refocus, and revitalize.



Be social

Spending time talking, laughing, and empathizing with others is like doing exercises for your brain. Socialization can help prevent mental decline and lower the risk of dementia.



Keep moving

Physical activity pumps oxygen-rich blood to all regions of the brain.



Eat well

Eat plenty of fruits, veggies, leafy greens, and whole grains. Stick with healthy fats such as those in nuts and olive oil and maintain a healthy weight.

Enrollment and Pricing Information

If your screening assessment indicates you meet certain conditions, a therapist will work to determine if you qualify for the Kinnections program through Medicare. Kinnections is also available by private pay.

Call 301-987-6170 for more information.