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## **Home Care Assistance of Ft. Lauderdale Offers Activities-Based Program to Delay Cognitive Decline**

*Home Care Assistance of Ft. Lauderdale offers proprietary Cognitive Therapeutics Method™, a cognitive activities program based on cutting-edge scientific research, to improve care for clients*

**(Fort Lauderdale, FL – October 6, 2016)** [Home Care Assistance of Ft. Lauderdale](#), the leading agency for in-home senior care, is proud to be the exclusive provider of the [Cognitive Therapeutics Method™ \(CTM\)](#). CTM 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, CTM currently includes over 20 activities targeting the five primary cognitive domains: executive functioning, memory, visual-spatial perception, attention and language.

“The Cognitive Therapeutics Method is an exclusive, proprietary program that we offer to clients in order to foster and promote brain health,” said Manpreet Dhalla, Owner/President of Home Care Assistance of Ft. Lauderdale. “Our clients have loved the program and enjoy doing the activities with our caregivers, especially when there is ‘down-time’. As a society, we keep hearing how important it is for aging adults to stay mentally active with games like Sudoku and crossword puzzles. CTM is in line with this thinking, but is interactive and based on science.”

Home Care Assistance of Ft. Lauderdale’s caregivers are trained in CTM so that clients receive one-on-one mental stimulation as well as support with basic care and activities of daily living, thereby improving overall quality of life. 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 well-being.

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 of Ft. Lauderdale’s caregivers trained in CTM are equipped to not only help slow cognitive decline among clients, but also to help delay the onset of symptoms.

For more information on Home Care Assistance of Ft. Lauderdale, please visit [www.HomeCareAssistanceFTLauderdale.com](http://www.HomeCareAssistanceFTLauderdale.com) or call 954-909-0370 at any time. We also welcome any one to visit our office at 5975 N Federal Highway, Ste 124 in Fort Lauderdale, FL.

## **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 disease, within the home. The Cognitive Therapeutics Method is the first program of its kind to promote increased daily functioning through cognitive rehabilitation in the familiar home environment. The goal of the Cognitive Therapeutics Method, which was developed based on scientific research pointing to non-pharmacological interventions as a way to slow cognitive decline, is to delay the onset of new symptoms and to delay the progression of existing symptoms of cognitive decline. Home Care Assistance caregivers 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](http://www.CognitiveTherapeutics.com).

## **ABOUT HOME CARE ASSISTANCE**

[Home Care Assistance](http://www.HomeCareAssistance.com) 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, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. 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, our services and franchise opportunities, visit <http://www.homecareassistance.com>.