

## Program after care:

Participants will receive phone call follow-up with regards to their memory compensation tool and overall wellness habits. In addition, participants are given the opportunity to join an on-line social and support network established for HABILIT graduates.

## Eligibility guidelines:

Persons interested in the program must:

- Have received a diagnosis of Mild Cognitive Impairment (MCI) within the past 6 months. Persons with early stage Alzheimer's disease may also be eligible.
- Live in their own home, apartment, town home or independent living community.
- Have a partner (generally a spouse, significant other, son or daughter, or close friend) that can participate fully in the program (program partner is required).
- Have transportation to and from the program site, or arrange travel and overnight accommodations for a 2 week period of time. HABILIT coordinators can assist with these arrangements.
- Complete a pre-program screening to confirm eligibility.

## Find out more

Interested individuals and program partners are asked to attend an informational orientation prior to participating. Orientations are offered on a regular basis and provide the following details about the HABILIT program:

- Eligibility
- Program overview & goals
- Program components
- Supporting research
- Daily schedule
- Role of program partner
- Location
- Cost and insurance coverage
- Overnight accommodations

**To attend an orientation, please call  
507.266.5100.**



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# HABILIT

## Healthy Action to Benefit Independence & Thinking



a 10-day Brain & Body Wellness  
Program for Persons with Mild  
Cognitive Impairment

## An Innovative Program

Persons with a diagnosis of mild cognitive impairment (MCI), or early stage dementia (such as Alzheimer's disease) experience changes in their ability to think, learn, and remember. However, research supports that people with early cognitive impairment benefit by developing new 'habits' that can compensate for certain memory deficits over a period of time. Incorporating these new habits can play a role in optimizing independence, improving overall health, and maintaining normal daily activities.

HABIT - Healthy Action to Benefit Independence and Thinking is a 10-day (50-hour), intensive outpatient program for persons who have received a diagnosis of mild cognitive impairment. It is a holistic & comprehensive program that proactively addresses cognitive changes and incorporates new habits for overall health and wellness. The program team may include physicians, psychologists, education specialists, cognitive interventionists, and exercise specialists.

## Program Benefits

While each participant will likely have his or her personal program goals, the following are possible benefits of the program.

- Implementation of a daily memory tool for improved independence, self-efficacy and quality of life.
- Enhanced knowledge, skills and resources.
- Supportive strategies for coping and self-care.
- Improved management of psychiatric symptoms such as depression or anxiety.
- Improved physical conditioning, balance and/or flexibility.
- Establishment of supportive relationships and networks for future support.
- Understanding of techniques for managing communication and relationship changes.
- Understanding of technologies available to support current and future independence.

## Program Components

Persons eligible for the program enroll with a program partner — together, they participate in the following five components of overall wellness:

### MEMORY COMPENSATION TRAINING

With the help of a cognitive therapist, persons with mild cognitive impairment and their program partner learn to incorporate a memory tracking and organization tool into their daily routine. Through this memory compensation tool, participants learn habits that can minimize symptoms of cognitive decline and improve independence and self efficacy.

### BRAIN FITNESS

Early company sponsored research suggests that participating in brain-training programs may lead to a greater ability to focus, improve speed of processing and could sharpen memory for some. Participants in the program sample a computerized brain fitness program and learn about dozens of brain-training books, computer games and websites that are now available.

### TYPICAL DAY

While days and individual schedules will vary, the following represents a typical schedule:

9:00	Memory Compensation Training
10:00	Mind-Body Movement
11:00	Brain Fitness
Noon	Wellness Education with Brain Healthy Lunch
1:00	Group Therapy
2:00	Dismiss

### GROUP THERAPY

Patient and partner group therapy sessions provide a safe, confidential and nurturing setting for expressing concerns, broadening support networks and gaining insights into the changes and challenges individuals are now facing.

Life reflection is integral to the patient group with a focus on improving sense of control, deepening self identity, and enhancing interpersonal relationships. A focus on making adjustments, reducing stress, and improving communication is central to partner groups.

### MIND-BODY MOVEMENT

Research suggests that a regular exercise routine is a primary prevention strategy for memory related problems. In addition, yoga and meditation can reduce stress and anxiety, lower blood pressure, improve flexibility and balance and may assist in optimizing cognitive function.

Participants are introduced to meditation and practice yoga most days while in the program. An ongoing movement and/or exercise plan is designed for each participant consistent with their overall goals and preferences.

### WELLNESS EDUCATION

Brain and body health is the primary focus of a daily wellness presentation. Topics include: understanding mild cognitive impairment and dementia, brain healthy diets and supplements, exercise, sleep hygiene, and depression. Participants are given information about the benefits and limitations of brain fitness products and an overview of new technologies that can offer greater independence.