



HABIT[®]

Healthy Action to Benefit Independence & Thinking

A 10-day Brain and Body Wellness Program for people living with mild cognitive impairment and a support partner.

A State of the Art Program

HABIT[®] is a 10-day (50 hour) multi-component program offered to individuals living with mild cognitive impairment. Participants are required to have a support partner, who will be included in the program. The program builds on existing strengths and recognizes that procedural memory, otherwise known as 'habit memory,' can be utilized to promote the highest level of function and independence.

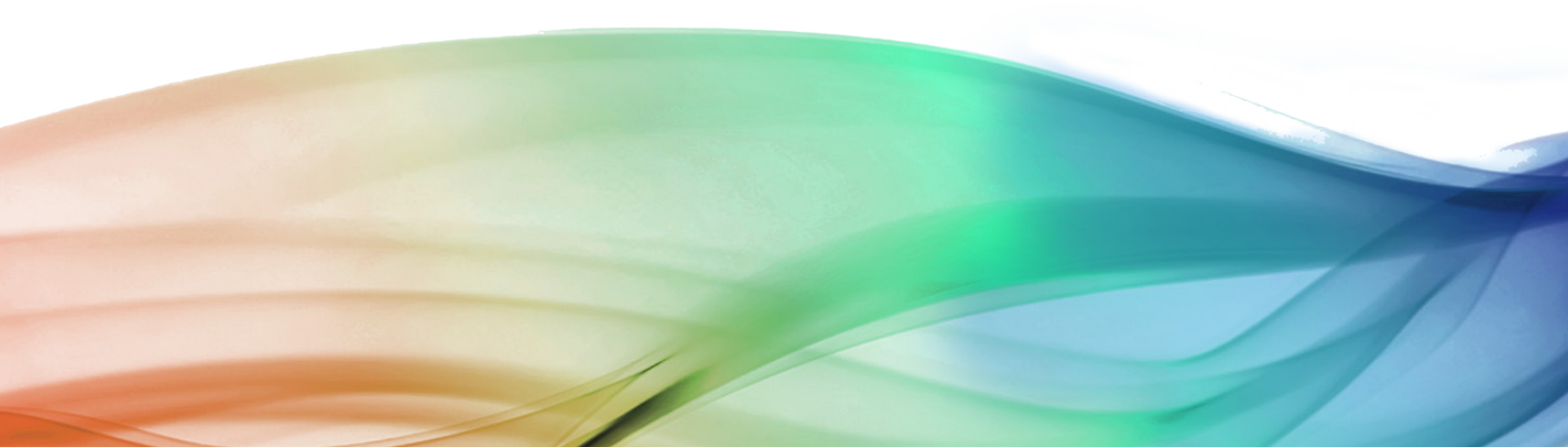
Participants in HABIT[®] engage daily in five essential components:

- Individual memory compensation training
- Group supportive therapy
- Yoga
- Brain fitness
- Wellness education

The program is delivered by a dedicated, multidisciplinary HABIT[®] team including psychologists, education specialists, cognitive interventionists and exercise specialists.

Who Benefits?

People diagnosed with amnesic Mild Cognitive Impairment from a possible underlying neurodegenerative condition. Individuals with Alzheimer's disease or other neurodegenerative conditions who have not yet reached the dementia stage may also benefit. In addition, partners who join them in the experience – most often a spouse, partner, adult child or good friend – benefit from HABIT[®].



One Mayo Clinic

The HABIT® Program exemplifies a “High Value Practice” by providing an integrated, coordinated, and standardized clinical practice across Mayo Clinic. To optimize patient care and availability, each site (MN, FL and AZ) will offer the HABIT® program four times per year.

Specific Program Goals and Benefits

While each participant has his or her personal program goals, there are several possible benefits of the program. Expected outcomes are based on the needs and goals of the participant and the support partner and include:

- Employing a daily memory compensation tool for improved independence, functional status, self-efficacy and quality of life
- Enhancing knowledge, skills and resources
- Supporting strategies for increasing resilience, coping and self-care
- Increasing psychological well-being for MCI patients and their partners
- Improving physical conditioning, balance and/or flexibility
- Establishing 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

The HABIT® Experience

Wellness is more than just good memory. HABIT® is a holistic wellness experience that encompasses physical and emotional wellbeing, meaningful engagement, supportive relationships, the ability to embrace change, and a sense of understanding one’s situation and what lies ahead.

How much does the program cost? Does insurance cover this program?

Insurance is billed for the Individual Memory Compensation Training and Group Supportive Therapy (program components). Medicare and many private insurances cover most or all of the cost for these 2 components. There are additional out-of-pocket expenses not billed to insurance. They include a program fee assessed for the cost of any remaining components not covered by insurance, materials, site fees and meals.

For more information visit:

HabitProgram@mayo.edu

<http://www.mayoclinic.org/departments-centers/psychiatry/services/habit-program>

Or call....

Mayo Clinic in Rochester | Mayo Clinic in Florida | Mayo Clinic in Arizona

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