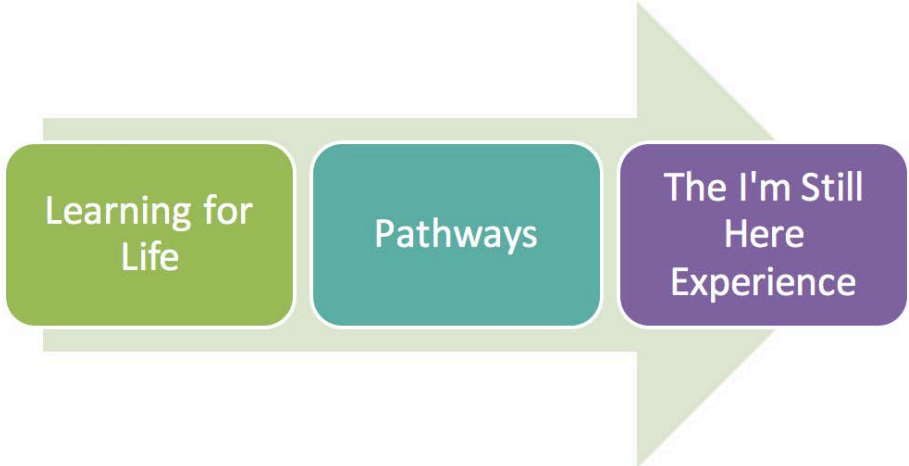


# Continuum of Cognitive Health™



The Continuum of Cognitive Health™ (CCH), as created and implemented by Hearthstone Alzheimer Care, and taught by the Hearthstone Institute, creates a community of blended solutions for seniors experiencing a variety of memory-related challenges, centered on the central themes of quality of life and meaningful engagement. This innovative first-of-its-kind program is specially designed to provide meaningful, engaging programming for persons with all stages of memory challenges as well as people who are not experiencing memory loss but wish to maintain their brain vitality for as long as possible. This continuum creates something truly unique in the senior housing field: a community that can support persons living with any type of memory challenge—challenges that can change over time and often even day-to-day—and create meaningful, engaging experiences for everyone who lives there, regardless of the severity of the loss they are experiencing.

**Learning for Life Academy™:** *Learning for Life™* is a learning community based on the model of Hampshire College in Massachusetts, the global Roads Scholar program for elders, and Montessori Schools where students and teachers develop curricula cooperatively and tailor the learning experiences to each individual. *Participant scholars*—most with some level of dementia—are self-motivated by curiosity to develop curricula and pursue learning creatively—and are truly engaging in scholarship. The scholar-developed curricula changes periodically as the subject matter is sufficiently explored and discussed.

**Pathways Program™:** *Pathways™* is designed for everyone who wishes to maintain their brain vitality, and for those who are experiencing mild memory loss. This program replaces lost social status and roles of elders by organizing “activities” into clubs, classes, and committees in which everyone has a position—a social role—as a member of one of those three groups. This innovative program includes brain healthy activities, exercise, art and culture experiences, intergenerational projects, pet encounters, and community service projects as well as excursions. Participants in this program enjoy opportunities to try new things, such as learning to play a musical instrument, or use new computer software; as well as participate in the “old favorites” like playing card groups and book club discussion groups.

**The Discovery Experience™:** *Discovery* is tailored to meet the needs of persons experiencing mild or early-stage memory challenges, and residents who enjoy new learning experiences. Committee meetings, community volunteerism, and individualized learning stations that support participants’ self-esteem and confidence are central to this program. **The Vitality Experience™:** *Vitality* programs are expertly adapted for persons experiencing the challenges associated with moderate or mid-stage dementia. Vitality fosters a continued sense of identity, social connection, and self-expression. The *Vitality™* Experience enriches the lives of its participants through engagement in creative arts, exercise groups, and a variety of clubs, classes and committees—similar to those in *Pathways™*—that provide members with meaningful social roles. **The Serenity Experience™:** *Serenity* engages participants in a sensory rich program designed to meet the needs of those in the later stages of memory loss, or any resident who might benefit from a less stimulating environment for part of their day. It features individualized therapeutic spa programs, as well as cognitively stimulating experiences such as interactive art and photo viewings aimed at energizing and generating reminiscence.

