



HEMOCARE
CONNECTION

888-807-6095

www.homecarconnection.ca



COGNITIVE CARE **PROGEAM**

EXPERTS IN DEMENTIA CARE

Welcome



HomeCARE Connection

This program provides a holistic approach to dementia care within a home environment, focusing on thorough assessments, tailored interventions, and caregiver support. It integrates proven strategies from the DementiAbility and ReCODE programs, both designed to reduce dementia and Alzheimer's symptoms by addressing cognitive, functional, and emotional well-being.

We provide 5 complimentary sessions, during which a registered nurse (RN) conducts various assessments. Additionally, our cognitive rehabilitation specialists offer 4 free sessions, including 4-6 targeted cognitive rehabilitation exercises. We also educate clients on the purpose and benefits of each therapy.

"Dementia doesn't define a person—their story, spirit, and spark still remain."

We are dedicated to alleviating boredom and loneliness by fostering meaningful connections and engagement. Our mission is to help individuals with dementia regain a sense of purpose while promoting their cognitive and emotional well-being. Through ongoing caregiver education and community outreach, we strive to empower families and clients, creating opportunities for greater independence and support.

Our Mission

Learn effective strategies to reduce the risk and manage symptoms of Alzheimer's using evidence-based interventions, including maintaining a healthy lifestyle, engaging in regular physical and mental activities, and staying socially active.

3 Core Pillars

01 Build a Foundation

Conducting a thorough assessment to understand the causes of Alzheimer's disease helps in developing a clearer and more effective treatment plan.

02 Stimulate the Brain

Stimulating the brain through various methods is the most effective way to encourage the regrowth of neural pathways. Our cognitive rehabilitation exercises create an ideal environment for neuroplasticity to thrive.

03 Strengthening Independence

Our mission is to empower individuals to maintain their independence for as long as possible. Through a combination of interventions and education, we provide the resources needed to lead a fulfilling and purposeful life.

Our Cognitive Rehabilitation Exercises

Improving memory performance in Dementia: The Spaced-Retrieval (SR) way

Spaced Retrieval is a research-based memory training technique that helps individuals with memory impairments—such as those living with dementia—retain and recall important information over increasing periods of time. It leverages the brain's ability to store information in long-term memory through repeated, structured recall.

Photobiomodulation – 200-300% Sunlight

Studies with the patented transcranial-intranasal brain photobiomodulation devices have been shown to improve cognition and enhance brain connectivity by promoting neurogenesis. The Neuro Gamma has been shown to increase cognitive ability, memory and cerebral blood flow in several independent studies. Gamma brain waves are associated with higher brain functions like cognition and memory.

Brain HQ

When it comes to brain fitness training, BrainHQ is best in class. Built by a team of top neuroscientists, with exercises proven in dozens of published studies to make real and lasting improvements in brain function, BrainHQ is your personal brain gym

15-minute Gentle Hand Massage with

A calming 15-minute hand massage technique for seniors, highlighting benefits like improved circulation, reduced anxiety, and relaxation through gentle movements, reflexology, and acupuncture point activation.

Kirtan Kriya Meditation

Spiritual Fitness (SF) is a new concept in medicine that combines multiple aspects of religious involvement, psychological wellbeing, and spiritual evolution. Research now reveals that development of SF helps prevent Alzheimer's disease (AD). As shown by Dharma Singh Khalsa, MD, President and Medical Director of the Alzheimer's Research and Prevention Foundation, Kirtan Kriya, a safe, 12-minute-a-day meditation practice, facilitates that evolution toward SF. Moreover, practicing Kirtan Kriya and developing SF improves cognition and resilience against stress. Similarly, Kirtan Kriya may ease AD symptoms or reduce AD risk by improving memory, sleep, immune function, and overall brain health. Religious and spiritual practices help prevent AD and should be part of every integrative medical, functional medicine or multi-modal program towards AD prevention.

Social Groups

Social engagement offers many benefits for individuals living with dementia. It helps reduce feelings of isolation, which can negatively impact both physical and mental health. Participating in meaningful interactions enhances mood, lowers stress, and supports emotional well-being. Social activities also provide important mental stimulation—particularly when they involve creativity or learning—and they help establish a sense of purpose and daily structure. Importantly, these experiences boost self-esteem and reinforce feelings of being valued and respected.

Reading (Dementia Specific Books)

Reading is uniquely beneficial for the brain , as it requires active engagement of the mind and imagination, powerfully stimulating both brain hemispheres.

Reminiscing events of the past

Reminiscing refers to the act of recollecting and sharing past experiences, often with pleasure, and can involve thinking about or talking about events from one's life. It's a process that can provide both cognitive and emotional benefits. Reminiscing can be a way to strengthen social bonds, find meaning in life, and even improve mood, especially when done with others.

Sing Along Therapy Program

Music therapy influences an individual's physical, emotional, cognitive, and social well-being and is especially exciting as a modality that can improve the quality of life for individuals with Alzheimer's disease (AD). It is now an established fact that music helps all living creatures - from plants to birds and animals and man - to grow and rejuvenate. Music permeates the cells of all living beings, alters mood swings, cell division, heals the ailing, induces sleep, creates wakefulness, and dances with the mood, the mind and the soul. The type of therapy used in individuals with AD may involve listening to music, singing, composing music, or playing instruments.

DementiAbility "Work it Series" – Crossword, Math, Trivia, Spelling, Wordsearch.

Almost any mental activity will fulfill the brain's needs by improving the connection in your brain and thus improve your memory. The brain especially enjoys exercise in the areas of language, numbers, reasoning and spatial organization.

Gratitude Prayers & Journaling - Simple Gratitude Exercises for Seniors

Research on gratitude reveals its strong connection to numerous positive outcomes, including heightened happiness, reduced symptoms of depression, better sleep quality, and enhanced overall physical and mental well-being. Studies highlight that expressing gratitude through writing, such as maintaining a gratitude journal, is especially effective. Various approaches to practicing gratitude include daily journaling, gratitude walks, writing or making gratitude letters or calls, and engaging in gratitude reflection before bedtime.

Brain-Stimulating Cognitive Rehabilitation Activities

The most effective exercises for enhancing these areas include activities such as reading, writing, drawing, playing word games, computer games, and board games, engaging in conversations, pursuing stimulating hobbies, and particularly volunteering. For an activity to qualify as a cognitive rehabilitation exercise, it must meet three essential criteria:

1. It should capture and engage your attention.
2. It must interrupt routine activities in an unexpected and meaningful way.
3. It should involve the use of multiple senses.

Cognitive rehabilitation exercises nurture the brain with vigorous mental exercises to help improve the mind and memory. Studies have shown that you can avoid mental aging by keeping your brain mentally active. Just like your body needs to exercise to build strength so does our brains... the most important life-giving organ)

What To Expect

Our Sessions

Our sessions are conducted by our cognitive rehabilitation specialists and range from 90 to 120 minutes. Each session can include:

- 20 minutes of photobiomodulation therapy
- 12 minutes of Kirtan Kriya
- 30 minutes of BrainHQ (3 times per week)
- One personalized cognitive rehabilitation exercise
- A 15-minute gentle hand massage
- Social/Group work (3-5 times per week)

The rate is \$45 per session.

Each additional hour beyond the initial session is \$25 for same day service.

******All sessions will include hydration with freshly squeezed lemon water, known for its alkalizing properties. If lemon water is not preferred, plain water will be provided instead. See form in Motion.io.

All visits are recorded in the CareSmartz360 App, providing families with portal access to view scheduled visits and notes.

Use of Nitric Oxide (NO)

HomeCare Connection leverages cutting-edge technologies pioneered by Nathan S. Bryan, Ph.D. Through Bryan Nitricuticals delivers premium-quality Nitric Oxide solutions. Dr. Bryan's groundbreaking discovery of unique compounds enables the safe and effective generation and restoration of Nitric Oxide levels in the human body. NO has the potential to prevent and treat mild cognitive impairment with daily doses of either *N.O. Beetz* and *NO lozenges*.



Enhance oxygen and nutrient delivery to cells.



Support cognitive function and memory.



Create healthy blood flow to the brain and other organs.



Reduces inflammation, prevents oxidative stress

****Please note that this is an additional cost of \$3/session to the program and will require confirmation from the most responsible physician. This product does not require a medical prescription.**

Other Assessments to Consider

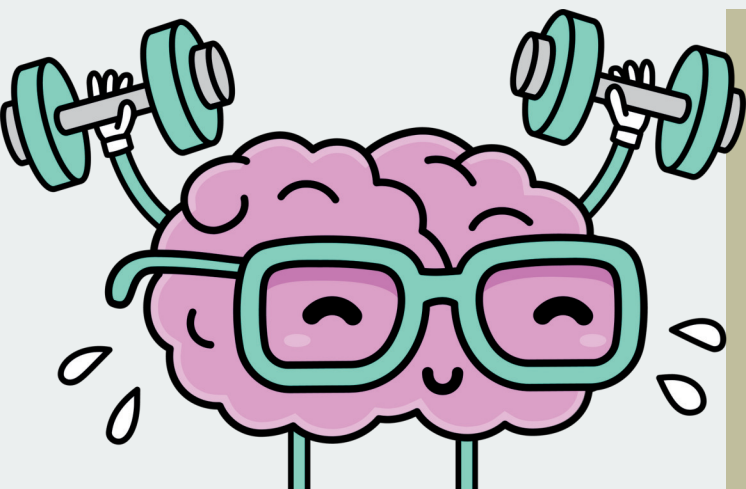


Sleep Assessment

It is estimated that a large percentage of people with sleep apnea remain undiagnosed. A significant number of individuals, potentially 80% or more, are living with the condition without realizing it.

Medication Assessment

Polypharmacy, the concurrent use of multiple medications, significantly increases risks for individuals with dementia, including adverse drug reactions, hospitalizations, and mortality



ADL and IADL Functioning Assessment

Determine level of independence and areas needing support (e.g., dressing, bathing eating difficulties).