



## COURSE OVERVIEW

The **TBH CARE 1.0** course offers 24 classes that teach how we promote cognitive vitality and overall well-being when living with moderate to moderate-severe memory loss. The course offers:

- ✓ **Ongoing Delivery. TBH CARE 1.0** includes uniquely designed training workouts with stimulus materials you can use to engage students in new ways each time a class is offered.
- ✓ **Flexible Class Times.** Our building block class design gives you the option of shorter class times. Skip the optional opening or closing warmups to deliver an “express” class when it better suits your calendar or needs. As a rule of thumb, you will offer students more time to take part in the workout as their overall degree of cognitive challenge increases. This will give your group more time to be successful with each workout.
- ✓ **Flexible Class Sizes.** The recommended class size for this course is a small group of 4-6 persons. The class size limit is important to a successful class experience, especially when dealing with students who have more significant memory challenge. The classes can also be used for 1:1 cognitive stimulation training.



Each **TBH CARE 1.0** class module includes the following materials:

**INTRODUCTORY SECTIONS.** These sections help orient and prepare you to teach the class:

- **Class Title.** The title of the TBH CARE 1.0 class.
- **Topic.** A brief description of the cognitive stimulation training covered in the workout.
- **What.** A quick overview of what you will be doing in the class.
- **TBH Focus.** The TBH Blueprint pillar and action point that will be covered.
- **Skills Worked.** The intellectual skills targeted by the class workout.
- **SBBT.** The Social-Based Brain Training methodology you will be using.
- **You Will Need.** The materials you will need to teach the class. Please note that you will need a music source and speakers for the optional warmup and cooldown sections, as well as for many of the workouts.



**COURSE SECTIONS.** The teaching sections of the course include a bulleted overview as well as scripting you can find online. We strongly recommend using the scripting for guidance as you find your own voice in teaching the course material. Includes suggested time lengths for guidance.



**WELCOME!** A brief introduction to the class and the opportunity for orientation to person, place and time.



**TBH LET'S GET IT STARTED!** An optional seated physical warm-up to prime focus, boost energy and get the group ready to learn together. Includes a suggested music playlist.



**SHARE THE SCIENCE.** Facts about the science behind the class to share before or during the workout.



**LET'S TRAIN!** Directions for leading your students in the interactive, social-based cognitive stimulation training workout.



**ADAPT THE WORKOUT.** Instructions for adapting the class for harder or easier workouts, as well as a back-up plan for times when an additional option is needed.



**TAKE A BREATH.** Our optional signature TBH relaxation cool-down, with affirmations tied to the class topic. Includes a suggested music playlist.



**JOIN ANOTHER CLASS!** Recap and reminder to come to the next TBH class.



**CLASS RESOURCES.** A list of the class printables as well as links to additional suggested materials for the workout.

## AND DON'T FORGET!

**ONLINE CLASS MODULES** include additional resources such as music and video links, printables, and other helpful resources. While you may prefer to print the class guide to lead a class, we strongly recommend logging in to the online class prior to teaching to make sure you have everything you need.

**EXAMPLE SCRIPTING** for each class can be found online. Use the scripting for guidance as you find your own voice in teaching the course material.