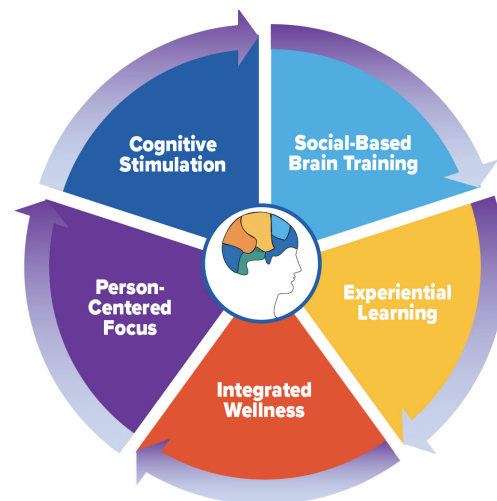




THE TBH METHODOLOGY

The **TBH FLEX 1.0** course offers cognitive training based on the most current science available for those facing memory loss. Recent research indicates that lifestyle modifications, such as getting regular aerobic exercise, engaging our cognitive skills, and connecting socially can play a key role in maintaining quality of life and potentially slowing decline in memory loss. The **TBH FLEX 1.0** course channels these findings into enjoyable, practical workouts that teach ways to promote self-determination, dignity and meaningful connection.

All TBH TOOLKIT courses are grounded in our celebrated Total Brain Health Methodology. This three-pronged approach reflects the state of the current brain health research, including:



A WELLNESS-BASED APPROACH

The brain health evidence strongly supports engagement across the physical, intellectual and socio-emotional areas of health. Our **TBH BLUEPRINT**, a roadmap used by all our training programs, provides a guide to engaging in activities proven to boost daily thinking and long-term brain vitality, including:

- BODY** **BODY**. Staying physically active, along with improving dietary habits, and managing everyday choices such as sleep, and medications can improve cognition and help slow decline in memory loss.
- MIND** **MIND**. Targeted cognitive training supports skills such as attention and memory. Recent research suggests that training can help those with memory loss better maintain intellectual function.
- SPIRIT** **SPIRIT**. Strong social ties, emotional balance and a positive outlook have been tied to better brain wellness. This is important in memory loss, where there is an increased risk for social isolation and emotional distress.

PERSON-CENTERED APPROACH

Current best practices in dementia highlight a person-centered approach, “focusing on nurturing the individual’s emotional, social, physical and spiritual well-being” (Dementia Action Alliance, 2016). The **TBH FLEX** program emphasizes training that best supports each individual class member, encouraging a sense of mastery and confidence for all students. You will find instructions for modifying the workouts to match the ability level of your small group, with all the tools you need to insure everyone feels welcome and included.




COGNITIVE STIMULATION TRAINING

TBH FLEX is a cognitive stimulation training program that offers persons living with dementia the opportunity to engage through intellectually challenging, structured activities. Experts have found that cognitive stimulation small-group training can improve thinking and quality of life for persons with memory loss and is “the psychological approach with the strongest evidence for improving cognition” (Lancet Commission on Dementia Prevention, Intervention and Care, 2017).



SOCIAL-BASED BRAIN TRAINING

Group-based learning, whether in person or through distance learning, significantly boosts the benefits of cognitive training, especially on skills most affected by aging. In addition, social isolation and its impact on well-being is a growing concern worldwide. Unique to TBH, Social-Based Brain Training (SBBT) is the intentional use of social engagement to promote cognitive performance and long-term brain vitality. Our SBBT approach uses proprietary training strategies that bring the full benefit of group-based learning to our courses. Our SBBT modalities, noted at the start of each class, include:











-  **ALL TOGETHER.** Your class will work as a whole group for collective training.
-  **PAIR UP.** Your class will work in groups of 2 or 3 for small group, collaborative learning.
-  **TEAM UP.** Your class will work as two teams for a friendly competitive workout.

EXPERIENTIAL LEARNING

We learn better by doing, especially the types of activities that have been tied to improving cognitive outcomes. Our TBH courses use an experiential approach, giving students a “hands on” opportunity to try what they are learning right in your classroom. Our training incorporates the latest teaching methodologies, emphasizing active learning, a multimodal approach, and retrieval practice strategies. This approach is especially useful for those with memory loss, who can benefit greatly from multi-sensory modalities of learning and engagement. **TBH FLEX** uses a wide variety of hands-on sensory-based workouts that provide opportunities to stimulate thinking, focus, attention and memory.

TBH SKILLS TRAINING

Research shows that training in intellectual skills may help support daily engagement and well-being for those living with dementia. Each **TBH FLEX** class highlights the cognitive skills your student will be building in that session. These skills, represented by icons in introductory section of each class, include:

-  **Perception.** Accurately sensing our world.
-  **Attention.** Our ability to hold focus.
-  **Coordination.** Moving quickly and nimbly.
-  **Speedy Thinking.** Quick thinking.
-  **Nimbleness.** Our ability to multi-task.
-  **Verbal Skills.** Speaking fluently.
-  **Visual Skills.** Seeing the world accurately.
-  **Memory.** Learning & recalling information.
-  **Problem Solving.** Reasoning & resolving.
-  **Executive Control.** Judging our world accurately and respond appropriately.