



BEST FOR SENIORS®
A Division of New Freedom Health®

Dementia Support Therapy®

BEST For Seniors Dementia Support Therapy is a non-medical, in-home program for promoting the cognitive, physical, emotional, and social well-being of Alzheimer's, Parkinson's, and dementia patients in the early- to middle-stages of their illness.

Beyond medical treatment, nutrition and hygiene, optimal care of dementia patients includes activities to support their cognitive health and physical fitness.

Advanced therapeutic activity programs that can slow the progression of dementia have been available only at the most exclusive memory care residential communities. Best For Seniors Dementia Support Therapy is a pioneering effort to bring this state-of-the-art methodology to patients at their own homes.

Our goals are to enhance patients' quality of life and delay their need for institutional care.



How Our Program Works

Early- to middle-stage dementia patients have areas of their brains that are healthy, undamaged by the illness. Scientific research has shown that these healthy parts of the brain can, in some cases, assume the functions of damaged areas through a process called *neuroplasticity*. This process can be initiated by engaging the patient in a comprehensive program of therapeutic activities, intellectual stimulation, and cultural enrichment. ***Neuroplasticity may slow the progression of dementia.***

BEST For Seniors Dementia Support Therapy's multiphasic approach targets all key areas of cognitive health: mind-body integration, awareness, attention, comprehension, pattern recognition, language, numbers, learning, memory, problem solving, creativity, and critical thinking.

Exercise is also an important part of dementia care. Our unique psychomotor exercise method leverages the mind-body connection to stimulate cognitive function. Exercise also helps prevent complicating medical conditions, reduces stress, and helps the patient maintain emotional balance and a positive attitude.

BEST For Seniors Dementia Support Therapy brings state-of-the-art thinking and exciting new possibilities to Alzheimer's and dementia care.

We serve select North Dallas and suburban areas.
For a free phone consultation, call (214) 519-3280

BEST For Seniors does not provide medical services or advice. We cannot diagnose, treat, prevent, or cure any illness or condition. Our services cannot be used as a substitute for psychiatric treatment, psychological counseling, physical therapy, occupational therapy, chiropractic, or licensed massage therapy. Consult your doctor if you have questions or concerns about your physical or mental health, and before making changes in your level of physical activity, diet, or medications.

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