



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 capabilities.

Advanced therapeutic methods that show some promise of slowing the progression of dementia have become available at the most exclusive residential memory care communities in recent years. Best For Seniors Dementia Support Therapy is a pioneering effort to bring these advanced methods to patients while they are still living at home.

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 remain healthy and undamaged by the illness. Science has shown that the brain has the capacity to adapt and reorganize through a process called neuroplasticity. Healthy neural networks can, in some cases, adapt to compensate for functions affected by damaged areas of the brain. An intensive program of cognitive stimulation can support this adaptive capacity.

Our multiphasic therapeutic approach targets all areas of cognitive function — awareness, attention, comprehension, pattern recognition, language, numbers, learning, memory, problem solving, creativity, and critical thinking. It is designed specifically to promote neuroplasticity, and through that process, possibly slow the progression of dementia. The most apparent benefit of the program, however, is enhanced quality of life for the patient through opportunities for achievement and meaningful engagement.

The connection between the mind and body is fundamental to cognitive health. Our proprietary psychomotor and guided motor control exercises strongly reinforce this connection and benefit overall cognitive function. These exercises also reduce stress and help the patient maintain emotional balance and a positive attitude.

BEST For Seniors Dementia Support Therapy brings innovative therapeutic concepts and 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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