

MEANINGFUL MINDS

The Meaningful MINDs program is a unique brain fitness program designed for individuals living with mild to moderate neurocognitive impairment. We offer our participants brain healthy lifestyle coaching and regular sessions for targeted cognitive stimulation, socialization and wellness.



Engaging, Enhancing and Celebrating Cognition, Mood and Behavior

Meaningful MINDs participants receive an assessment that helps to identify their strengths and challenges across nine key cognitive, mood and behavioral domains. We call these the “Meaningful MINDs Nine.” They include attention, motivation, organization, communication, socialization, memory, visuospatial abilities, motor skills and emotional regulation.

After the assessment is complete, participants have regular, structured one-on-one sessions with a licensed clinical social worker. Sessions consist of stimulating, fun and meaningful activities to engage and enhance their identified strengths and challenges, using the Meaningful MINDs curriculum.

This program is suitable for individuals with mild to moderate cognitive impairment who recognize they need help and direction.

Meaningful MINDs is well suited for those living with Parkinson’s disease, Lewy Body dementia, or other forms of dementia. It can be tailored to individuals with apathy, anxiety, depression, and other associated neuropsychiatric conditions.

Future plans call for an expansion of services to include a comprehensive therapeutic program for participants and designated caregivers. This expanded offering will provide neurocognitive, behavioral and emotional engagement, psychotherapy and coaching to target challenges and strengthen existing abilities and interests.