

MindSense

A Cognitive Enrichment Program brought to you by HealthSense

Caring for someone with dementia is like a rollercoaster ride



Full of unpredictable ups and downs and lots of scary moments

mood swings
social isolation
poor hygiene
wandering

As a caregiver you often feel anxious, frustrated and powerless

How MindSense Lights Up Lives



Dementia Support

We offer dementia coaching for successful and meaningful relationships



Socialization

We re-engage your loved one with family, friends and community



Brain health

We use games to improve memory and enhance focus



Joyful moments

We create activities that build self esteem and restore a sense of purpose

How does MindSense work?



A dynamic strengths based program that leverages unique interests to maximize engagement



One-on-one sessions are highly successful for those who do not respond to group sessions or who require more individualized attention



Your loved one re-engages with old interests, discovers new ones and rejuvenates meaningful links with their community

MindSense Tools

- Technology Exploration
- Arts and Crafts
- Literature and Poetry
- Horticulture
- Memoir/ Legacy Writing
- Dementia Support
- Intellectual Games
- Armchair Travel
- Music and Dance
- Cultural Immersion
- Storytelling
- And so much more...



MindSense has made a real impact for clients of mine who have memory impairment, dementia or who are starting to become socially isolated. I have witnessed first-hand how the program over time has changed lives. One client of mine was essentially bed-bound and resistant to physical therapy. Emily Scholler introduced dance class therapy and within weeks my client was up on her feet dancing and then began a journey where she started to re-engage with their community

- Dr. Joseph Mulvehill, M.D.

"MindSense has brought so much joy to my mother. Emily makes her feel special and valued and they share a wonderful bond. The creative sessions have helped my mother rediscover old hobbies and find new interests as well - she is more engaged, motivated and connected!"

- Gerry O.