



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Support for the Caregiver: Building Cognitive and Emotional Reserves

Presented by Dr. William Mansbach

Founder & CEO, *Mansbach Health Tools, LLC*

Home of the BCAT

www.thebcat.com



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

You Can't Run a Marathon at Sprint Speed



In the United States, there are approximately 15 million unpaid caregivers for people with dementia.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Review of the Cognitive Continuum

The Three Cognitive Stages: “Bird’s Eye View”

- Normal: Inefficiencies but not pathology
- Mild Cognitive Impairment (MCI)
- MCI conversions to dementia
- Dementia: Mild, Moderate, & Severe



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Some Facts and Figures

- In 2014, caregivers provided an estimated 17.9 billion hours of informal assistance, a contribution calculated in financial terms of \$217.7 billion.
- Approximately 2/3 of all caregivers are female, and 34% are age 65 or older.
- “Sandwich generation” caregivers are particularly vulnerable as they care for both parents and children. It is estimated that 23% of caregivers for parents with dementia also take care of children under the age of 18.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Some Facts and Figures (continued)

- For most caregivers, caring is a long-term proposition. 86% of dementia caregivers provide assistance for more than a year.
- Approximately 40% of caregivers suffer from depression, as opposed to 5-17% of peers who are not caregivers.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Some Facts and Figures (continued)

- 47% of caregivers report financial strain associated with caregiving. 74% of caregivers report concerns about their own health associated with caregiving.
- Caregivers appear to be more at risk for developing cognitive impairment than peers who are not caregivers.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Family Caregivers Commonly Report Concerns about Their Own Cognitive Functioning

- The importance of validated cognitive self-assessment screening tools
- Caregivers are more at risk for memory and cognitive deficits relative to non-caregiver peers
- Resource:
 - The **S**elf-**A**ssessment of **C**ognition (SAC)
www.thebcat.com/sac



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Protecting Your Brain Against Alzheimer's Disease: Practice ANTHEM behaviors

A – Add Cognitive Stimulation

N – No Smoking

T – Treat Depression

H – Healthy Weight

E – Exercise

M – Manage Hypertension



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Some Important Caregiving Issues

- Cognition is a vital sign
- Patient's functioning significantly determines caregiver's functioning
- The importance of *Meaningful Engagement*



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

***Important Validated Tools
for
Improving Cognition
and
Meaningful Engagement***



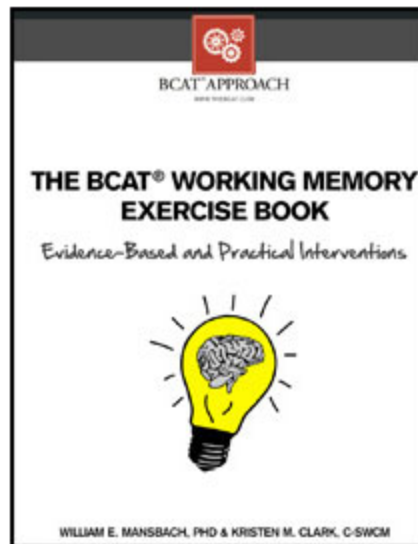
BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

BCAT Interventions

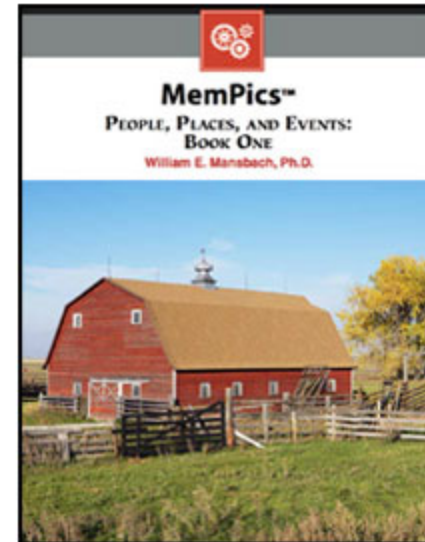
TOOLS FOR IMPROVING MEMORY AND COGNITION



**Brain Rehabilitation Modules
for improving memory
and cognition**



**Working Memory Exercise
Book for improving memory
and cognition**



**BCAT MemPics for cognitive
stimulation**



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Are there evidence-based programs to increase cognitive functioning or slow down cognitive decline?

YES!!

- Brain Rehabilitation (MCI, mild dementia, moderate dementia)
- The BCAT Working Memory Exercise Book (MCI, mild dementia, moderate dementia)
- MemPics[®] (MCI, all dementia levels)



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Brain Rehabilitation (BR) Science

- Who is the target?
 - MCI
 - Mild Dementia
 - Some Moderate Dementia
- 3 weeks / 9 sessions total
 - Experimental vs. control groups
 - Experimental groups improved in BCAT scores over controls
 - Self-reports demonstrates superiority of BR



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT On-line Brain Rehabilitation Intervention Modules

- ***The Memory Match Module*** recruits those parts of the brain that are responsible for concentration and attention, as well as visual memory.
- ***The Sort the Set Module*** recruits those parts of the brain that are responsible for focusing and shifting attention from one task to another. Set shifting ability has been found to be important in the successful performance of tasks of daily living.
- ***The Color Illusion Module*** requires patients to selectively pay attention to one task while not paying attention to a competing task.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Brain Rehabilitation Key Tips and Guidelines

- Don't let the perfect be the enemy of the good
- “Frustration minus 1”
- Successful exercise performance carry-over is over-rated
- Active versus passive approach
- The three most important words: repetition, repetition, repetition
- **D-FEN** = Difficulty + Frequency + Engagement + Novelty



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT On-line Brain Rehabilitation Intervention Modules

INTERACTIVE MODULES	COGNITIVE DOMAIN
Memory Match (Interactive)	Attention and Memory
Sort the Set (Interactive)	Attention and Executive Functions
Color Illusion (Interactive)	Attention and Executive Functions

Pull Out



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT Working Memory Exercise Book Science

- Who is the target?
 - MCI
 - Mild Dementia
 - Some Moderate Dementia



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT Working Memory Exercise Book

- Fifteen exercise types, 90 total exercises
- Used to improve working memory, cognitive-communication skills, and functional abilities
- Exercise selection and difficulty level guided by BCAT scores



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

MemPics[®] Science

- Who is the target?
 - MCI
 - All levels of dementia
- What is Meaningful Engagement?
- Staff Raters
- Resident Raters
- Both rated MemPics[®] higher in Meaningful Engagement over other activities.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The MemPics® Series

- Promotes meaningful engagement
- Enhances cognitive stimulation
- Designed for more severe cognitive impairment



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

BCAT Brain Rehabilitation



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Application of the Module “Memory Match”

- Works specific neuro-circuits
- There are 3 difficulty levels, multiple themes
- Each round produces two types of scores
 - Clicks
 - Time



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Memory Match: Level 2, Animal Kingdom Theme

Brain Fitness Exercises | BCAT

thebcat.com/memory_match_play?choose_theme=animal_kingdom&level_difficulty=medium&keep_scores=yes

Brain Fitness Exercises

INSTRUCTIONS

Click two cards to flip them over. If you successfully match a pair, the cards faces will remain on the screen. If you turn over two cards that do not match, those cards will be turned face down again. Continue clicking pairs until they all successfully match. Only click two cards at a time, as clicking more before the cards have a chance to flip may cause the game to delay matching clicked pairs.

NEW ON THE BCAT.COM
Membership Registration
Learn more about various membership and registration levels for our site.

UPGRADE YOUR ACCESS
BCAT Test System Administrator / Master Clinician



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Memory Match: Level 2, Animal Kingdom Theme

Firefox | Brain Fitness Exercises | BCAT

www.thebcat.com/memory_match_play?choose_theme=animal_kingdom&level_difficulty=medium&keep_score=yes

BCAT University
BCAT Faculty
Self-Assessment Tools

MIND & MEMORY
A BCAT BLOG

NEWS & UPDATES
ON THE BCAT WEBSITE

NEW ON THEBCAT.COM

Membership Registration
Learn more about various membership and registration levels for our site ▶

UPGRADE YOUR ACCESS

BCAT Test System Administrator / Master Clinician
If you've completed your training, click here to request an account upgrade

Connect with us: [f](#) [t](#) [in](#) [+](#)

© 2013 TheBCAT.com. All Rights Reserved.

[Register](#) | [Terms of Service](#) | [Advertise With Us](#) | [Privacy Policy](#) | [HIPAA Disclaimer](#) | [Contact Us](#)
TheBCAT.com does not provide medical recommendations, medical advice, diagnoses, or treatments. [More information ▶](#)

9:46 PM
9/19/2013



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Application of the Module “Sort the Set”

- Focuses on attention and cognitive set-shifting
- Set-shifting is an essential executive function
- Requires the patient to change cognitive sets, through switching between specific categories
- Works specific neuro-circuits
- There are 3 difficulty levels
- Each round produces two types of scores (attempts, time)



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Sort the Set: Level 1

The screenshot shows a web browser window with the address bar displaying "thebcat.com/sort_set_play". The page title is "Brain Fitness Exercises | BCAT". The main content area is titled "Brain Fitness Exercises" and includes a "Text size" control with three "A" icons. Below the title is an "INSTRUCTIONS" section with the following text: "On this screen you will see a number on the left side. You will also see five letters on the right side of the screen. Your task is to match the number on the left with the correct letter on the right. Numbers and letters should be matched in order. So, the first number should be matched with the first letter (1-A), the second number with the second letter (2-B), and so forth. Simply click on the correct letter on the right. If you choose correctly, the letter will briefly turn green and the module will proceed to the next exercise. If you make a mistake, the letter will briefly turn red, and you can simply try again. Have fun, and don't get discouraged!"

The exercise interface shows a large black circle with the number "1" on the left. On the right, five letters (G, F, O, W, A) are arranged in a circle. The letter "A" is highlighted in green, indicating it is the correct match for the number "1".

The left sidebar contains a navigation menu with the following items: Word Searches, Mazes, BCAT Recreation Program, News for Professionals, Facilities & Hospitals, Patient & Family Education, BCAT Research Center, BCAT University, BCAT Faculty, and Self-Assessment Tools. Below the menu are three promotional boxes: "MIND & MEMORY A BCAT BLOG", "NEWS & UPDATES ON THE BCAT WEBSITE", and "NEW ON THEBCAT.COM" which includes "Membership Registration" and "UPGRADE YOUR ACCESS" for "BCAT Test System Administrator / Master Clinician".



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Sort the Set: Level 2

Brain Fitness Exercises | BCAT

www.thebcat.com/sort_set_play2?cc=1&tt=09:50:32&level2_screen=2&level_difficulty=level2&today_date=09/11/2013&dob_date=&gender=&education

BCAT Faculty
Self-Assessment Tools

MIND & MEMORY
A BCAT BLOG

NEWS & UPDATES
ON THE BCAT WEBSITE

NEW ON THEBCAT.COM

Membership Registration
Learn more about various membership and registration levels for our site ▶

UPGRADE YOUR ACCESS
BCAT Test System Administrator / Master Clinician
If you've completed your training, click here to request an account upgrade

Connect with us: [f](#) [t](#) [in](#) [+](#)

Sort the Set: Level 2

A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

P Q R S T U V W X Y Z



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Sort the Set: Level 2 (continued)

Brain Fitness Exercises | BCAT

www.thebcat.com/sort_set_play2?cc=5&tt=09:50:32&level2_screen=4&level_difficulty=level2&today's_date=09/11/2013&dob_date=&gender=&education

BCAT Faculty
Self-Assessment Tools

MIND & MEMORY
A BCAT BLOG

NEWS & UPDATES
ON THE BCAT WEBSITE

NEW ON THEBCAT.COM

Membership Registration
Learn more about various membership and registration levels for our site ▶

UPGRADE YOUR ACCESS

BCAT Test System Administrator / Master Clinician
If you've completed your training, click here to request an account upgrade

Connect with us: [f](#) [t](#) [in](#) [+](#)

Sort the Set: Level 2 (continued)

20 numbered circles (1-20) and 20 lettered circles (A-Z) are scattered on the screen. Two circles are highlighted in green: circle 2 and circle B. There are also two black circles.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Sort the Set: Level 3



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Application of the Module “Color Illusion”

- Focuses on “selective” attention
- Selective attention is closely associated with the executive functions
- Requires the patient to selectively attend to one task while not attending to a competing task
- Requires the patient to say words out loud
- The module is not automatically scored



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Color Illusion: Level 1

Brain Fitness Exercises | BCAT

bcacat.com/color_ill-1a

News for Professionals
Facilities & Hospitals
Patient & Family Education
BCAT Research Center
BCAT University
BCAT Faculty
Self-Assessment Tools

MIND & MEMORY
A BCAT BLOG

NEWS & UPDATES
ON THE BCAT WEBSITE

NEW ON THEBCAT.COM

Membership Registration
Learn more about various membership and registration levels for our site ▶

UPGRADE YOUR ACCESS

BCAT Test System Administrator / Master Clinician
If you've completed your

COLOR ILLUSION - LEVEL 1, WORD THEME

This is an exercise where you say words, shapes or items out loud. Try and do all four color illusions below (A-D):

Color Illusion A: Moving either down each column (vertically) or across each row (horizontally), read aloud the word that is printed.

PINK - You would read "PINK."

PINK	GREEN	YELLOW
BLUE	RED	ORANGE
GREY	BLACK	PURPLE
TAN	WHITE	BROWN



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Color Illusion: Level 2 Shape Theme

Brain Rehabilitation Exercises

https://www.thebcat.com/color_ill-2b

Content Structure Store People Analytics Configuration Manage Licenses Help

- MemPics
- News for Professionals
- Patient & Family Education
- BCAT Research Center
- BCAT University
- BCAT Faculty
- Self-Assessment Tools

BCAT TRAINING
View BCAT training material here >

MEMBERSHIP INFORMATION

Membership Registration
Learn more about various membership and registration levels for our site >

Connect with us:

This is an exercise where you say words, shapes or items out loud. Complete all six color illusions below (A-F):

Color Illusion A: Reading either down each column (vertically) or across each row (horizontally), say the color of the shape.

- You would say "RED."

 Yellow	 Red	 Blue	 Red
 Green	 Red	 Green	 Blue
 Blue	 Green	 Red	 Green



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT Working Memory Exercise Book



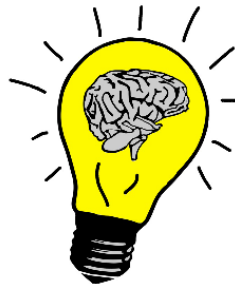
BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL



BCAT[®] APPROACH
WWW.THEBCAT.COM

THE BCAT[®] WORKING MEMORY EXERCISE BOOK

Evidence-Based and Practical Interventions



WILLIAM E. MANSBACH, PHD & KRISTEN M. CLARK, C-SWCM



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

About The BCAT Working Memory Exercise Book

- Based on science
- Average session duration: 15-20 minutes
- Recommended 5 times per week
- Positive treatment effects often after 5 visits
- Exercises can be modified to fit anyone's skills
- Can be used in a “restorative” model



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Structure of the BCAT Working Memory Exercise Book

- 15 exercise sections
- Basic versus Complex sub-exercises
- Different Starting Points
- Exercises introductions
 - Background
 - Procedure
 - Tip
 - BCAT insight



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Examples of Working Memory Engagement

- You try to remember your friend's cell phone number.
- You are given brief directions to get to a doctor's appointment.
- You just meet someone new at a party.
- You have \$10 and you want to buy a loaf of bread and milk. Do you have enough money?



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Basics of Working Memory

Two essential cognitive processes:

- Attentional capacity (“Point and Hold”)
- Central executive manipulation (Cognitive Strategies)

The Brain’s Sketch Pad



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

What is Working Memory?

- Duration is < 30 seconds in normal cognitive functioning
- Duration approximately 15 seconds in Amnestic MCI
- Duration < 10 seconds in dementia
- 4-5 pieces of new information



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Working Memory

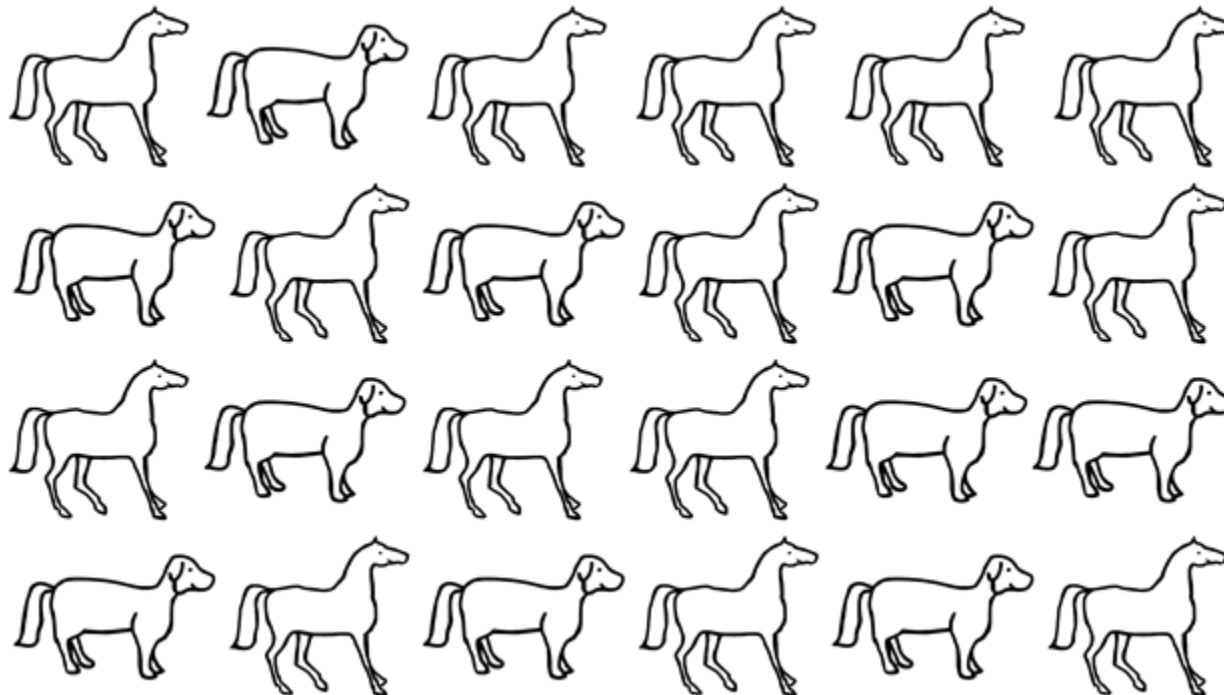
- Critical for improving memory
- Critical for buffering against future declines
- Consists of two phases
 - Attention
 - Cognitive Manipulation



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Visual Cancellation Exercise – Basic Level

In this exercise, the task is to identify the “dog” in each row of visually presented objects. Moving left to right, cross out the “dog” each time you see it. Pay careful attention to how the dog and the horse are differently drawn. Look at the example first, then go ahead and complete the exercise.

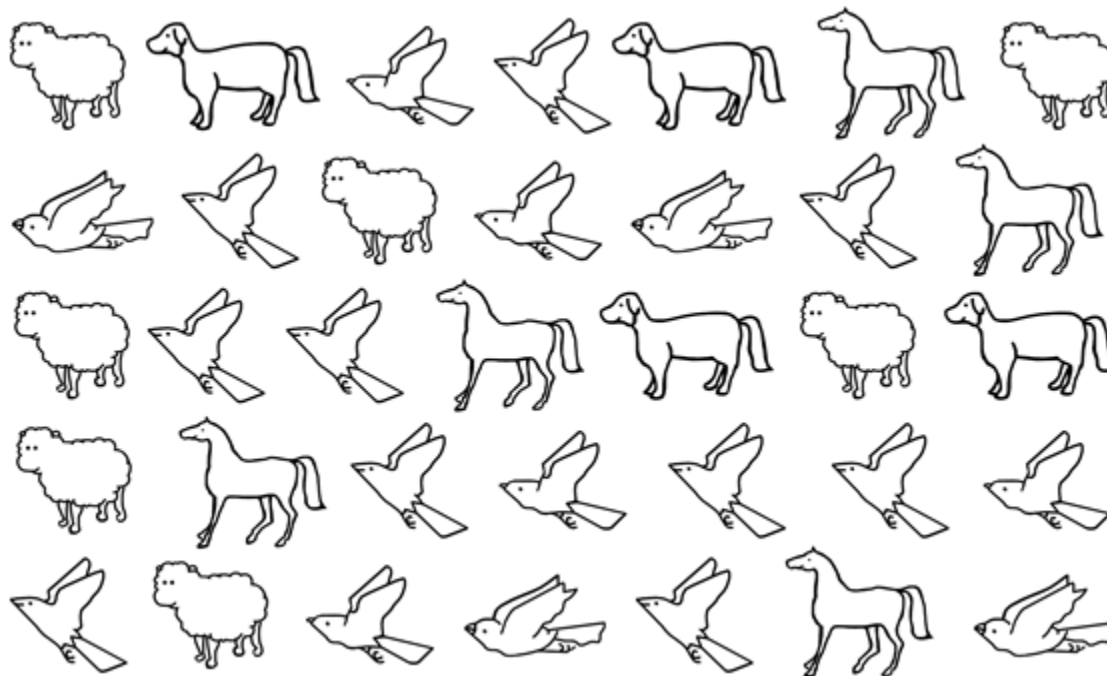




BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Visual Cancellation Exercise – Complex Level

In this exercise, the task is to identify the “dog” in each row of visually presented objects. Moving left to right, cross out the “dog” each time you see it. Pay careful attention to how the dog is different from the other animals. Look at the example first, then go ahead and complete the exercise.





Picture Sorting Exercise – Basic Level

Below there are six objects. Sort them into two categories. Once this is done, attempt to memorize them. On the following page, list (or say) all objects by their identified category. You can try this multiple times. After each attempt, you may go back and review the objects from the previous page. Then try again.



Category 1: Fruit

1. _____
2. _____
3. _____

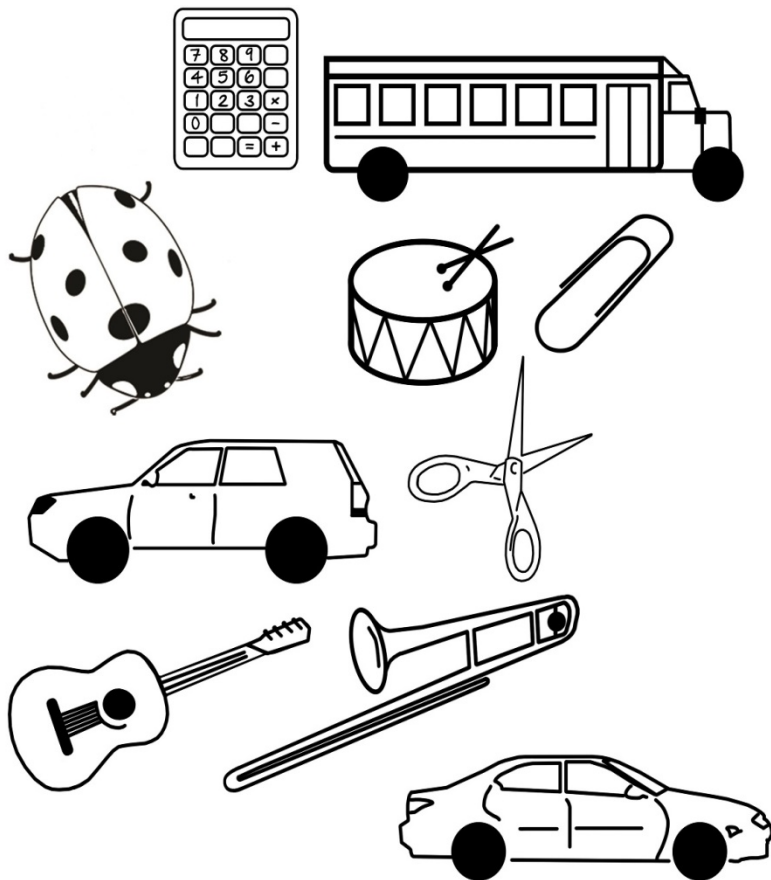
Category 2: Sports Balls

1. _____
2. _____
3. _____



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Picture Sorting Exercise – Complex Level



Category 1:

1. _____
2. _____
3. _____

Category 2:

1. _____
2. _____
3. _____

Category 3:

1. _____
2. _____
3. _____

Outlier:



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Word Sort Exercise – Basic Level

In the box below there are 12 words. Sort them into four categories. Once this is done, attempt to memorize them. On the following page, list (or say) all sixteen words by their category. You can try this three times. After each attempt, go back and review the words from the previous page. Then try again.

Dinner	Winter	Summer
Tires	Knee	Spring
Arm	Brakes	Breakfast
Ankle	Lunch	Windshield

Parts of a Car	Meals	Body Parts	Seasons
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



The Word Sort Exercise – Complex Level

In the box below there are 15 words. Sort them into three categories. Once this is done, attempt to memorize them. On the following page, list (or say) all 15 words by their category. You can try this two times. After each attempt, go back and review the words from the previous page. Then try again.

Helium	Parrot	Hydrogen
Duck	Nitrogen	Carbon Dioxide
Campground	Trail	Goose
Cabin	Pigeon	Tent
Oxygen	Flashlight	Hawk

Category 1	Category 2	Category 3
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Flip the Image Exercise – Basic Level

Below there are a series of images. Look at the image carefully. Your task is to try to flip the image vertically (upside down). Below each image, you will find three possible matches. Choose the correct one.



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Flip the Image Exercise – Complex Level

Below there are a series of images. Look at the image carefully. Your task is to try to *flip the image horizontally*, (similar to turning a page in a book, left to right). Below each image, you will find three possible matches. Choose the correct one.



The Number – Symbol Exercise – Basic Level

Look at the boxes below. In the first set (marked with the word “key”), you will notice that the top row of boxes have numbers, and the bottom row has specific symbols. Each number is paired with a specific symbol: **1 is paired with (>), 2 is paired with (*), 3 is paired with (\$), and 4 is paired with (%).** In the next set of boxes (marked with the word “sample”), only the numbers are listed. Place the correct symbol under its corresponding number. [Clinician can help]. Okay, for the remaining boxes, write in the correct corresponding symbol, working as quickly as you can without skipping any boxes.

	Key				Example							
Number	1	2	3	4	Number	3	2	4	2	1		
Symbol	>	*	\$	%	Symbol							
Number	2	2	2	3	2	4	2	3	2	4	4	2
Symbol												
Number	2	2	4	1	2	2	3	4	3	2	1	4
Symbol												



The Number – Symbol Exercise – Complex Level

Look at the boxes below. In the first set (marked with the word “key”), you will notice that the top row of boxes have numbers, and the bottom row has specific symbols. Each number is paired with a specific symbol. For example: **1 is paired with (>)**, **2 is paired with (*)**, **3 is paired with (\$)**, and **4 is paired with (%)**. In the next set of boxes (marked with the word “sample”), only the numbers are listed. Place the correct symbol under its corresponding number. [Clinician can help]. Okay, for the remaining boxes, write in the correct corresponding symbol, working as quickly as you can without skipping any boxes.

Key

Number	1	2	3	4	5	6	7	8	9
Symbol	/	>	%	\$	+	^	#	=	*

Example

Number	6	4	8	1	8	3	5	6	7
Symbol									

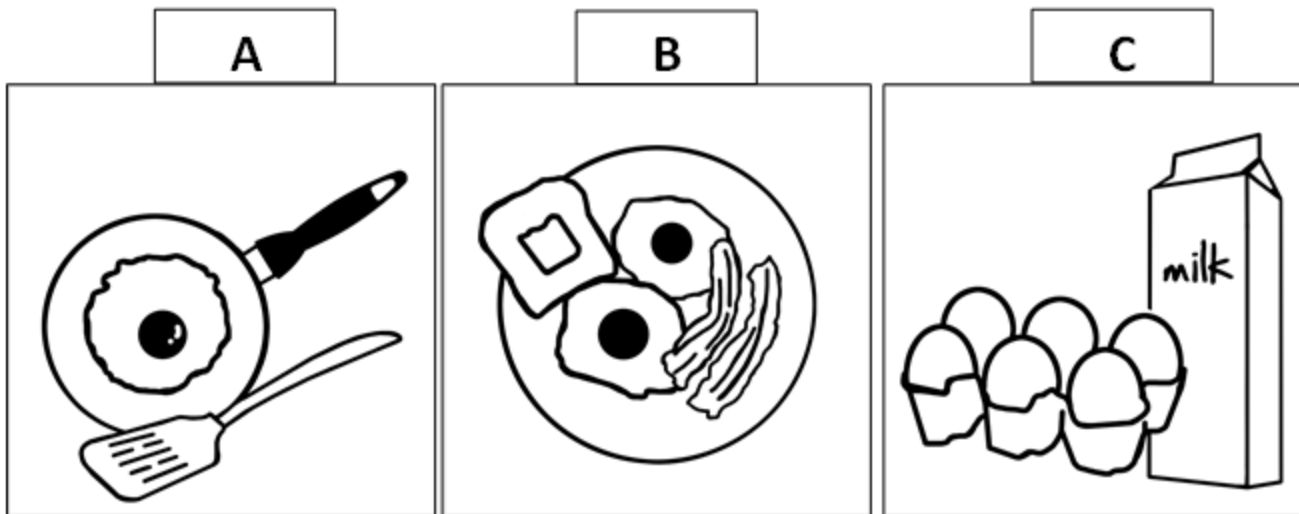
Number	6	8	3	5	6	7	3	3	5	5	4
Symbol											



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Arrange the Picture Exercise – Basic Level

Below there are a series of pictures presented in a mixed-up order. I'd like you to put them in the right order so that they make logical sense. For some of the picture series, there are multiple sequences where the pictures could be in logical orders. Each picture has a letter on it. Either point to each picture in the right order, or write down the order in the space provided.



**Logical Order
Breakfast Series:**

Picture 1: _____

Picture 2: _____

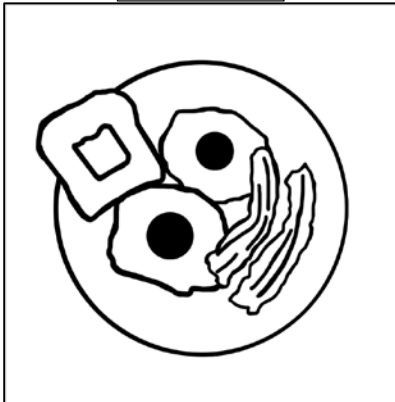
Picture 3: _____



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Arrange the Picture Exercise – Complex Level

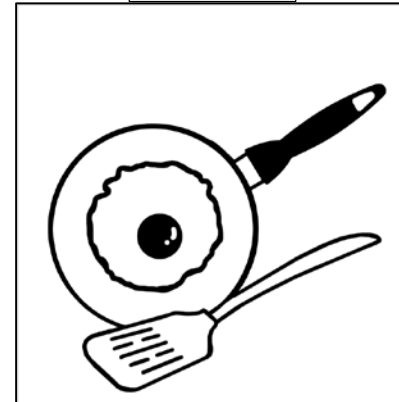
A



B



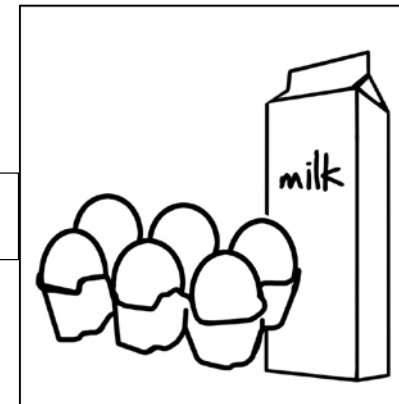
C



D



E





BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The Arrange the Picture Exercise – Complex Level

Below there are a series of pictures presented in a mixed-up order. I'd like you to put them in the right order so that they make logical sense. For some of the picture series, there are multiple sequences where the pictures could be in logical orders. Each picture has a letter on it. Either point to each picture in the right order, or write down the order in the space provided.

Logical Order Eating Series:

Picture 1: _____

Picture 2: _____

Picture 3: _____

Picture 4: _____

Picture 5: _____



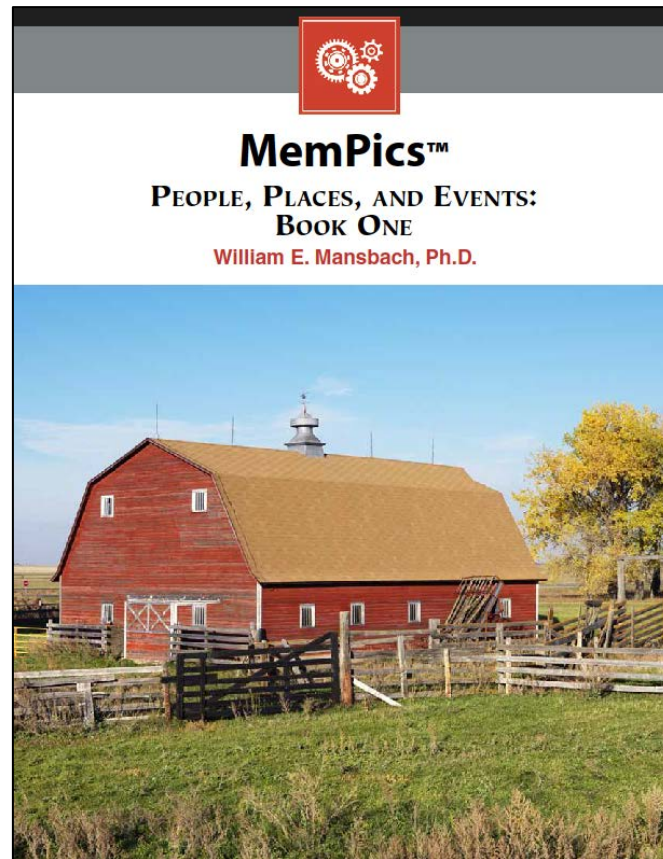
BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

The BCAT MemPics[®] Series

“Keeping the Connection Alive”



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL





BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL



Prompting Questions:

1. What do you see in this picture?
2. What could you find on a farm?
3. Have you lived on or near a farm?
4. What could you find in a barn?



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

An American Farm Story

Mr. Brown is 62 years old. He and his wife have worked hard all their lives. They own 120 acres of eastern Iowa farmland. If you meet them, you would surely say that they are happy people. For more than a hundred years, their family has lived and worked on the farm. In fact, the Brown family has been farming since the 1860s. Their farm is what many would say is the typical American farm. This spring, Mr. Brown planted 70 acres of corn and 40 acres of soybeans. The farm has a big old red barn that you can see from the road. Many years ago, the Browns planted a lot of oats. They used to raise hogs on the farm, but not anymore.

6



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL





BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Fun Facts (abbreviated):

- James Naismith is credited with inventing basketball in 1891.
- The National Basketball Association (NBA) introduced a three-point shot in 1979.
- Kareem Abdul-Jabbar scored over 38,000 points in his professional career, which is the most in NBA history.
- The Boston Celtics have won the most NBA championships.





BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL





BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL



Prompting Questions:

1. What do you see in this picture?
2. Do you remember the sound or the program of the first radio broadcast you heard?
3. Did your family gather around to listen to the radio?
4. Did you have a favorite radio program?



BCAT | BRIEF COGNITIVE
ASSESSMENT TOOL

Support for the Caregiver: Building Cognitive and Emotional Reserves

Presented by Dr. William Mansbach

Founder & CEO, *Mansbach Health Tools, LLC*

Home of the BCAT

www.thebcat.com