

## MINI-CASE: COGNITIVE STIMULATION SYSTEM SCORES BIG WITH RESIDENTS

### TECHNOLOGY STATS

**Provider**

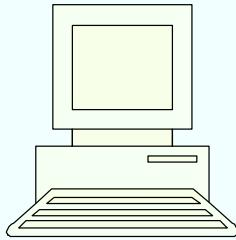
Dakim [m]Power

**Technology**

Technology-Based Cognitive Fitness System

**Pilot**

Two 90-Day trials with 20 Residents



### TECHNOLOGY SUMMARY

In January 2007, Eskaton partnered with Dakim to pilot the [m]Power program which aimed to improve the cognitive functions of their residents. Knowing that medical research had shown that cognitive stimulation could stave off dementia, the decision to pilot the program was simple. Self-adjusting challenge levels, touch screen and a senior-friendly interface are the features of the technology which attract participants, and in turn, boost mental activity, ultimately improving their quality of life.

### OUTCOMES

- Residents enjoyed using [m]Power—they looked forward to their next session
- Residents were able to use system on their own, without staff involvement
- Residents reported improved mood, memory and cognitive functioning

As a result, Eskaton plans to expand the use of the system to many Eskaton communities.

### LESSONS LEARNED

- Though seniors are thought to fear technology, this system attracted and engaged residents.
- Physicians reported improved attitude, improved self esteem, and seeming ability to retain information better.

