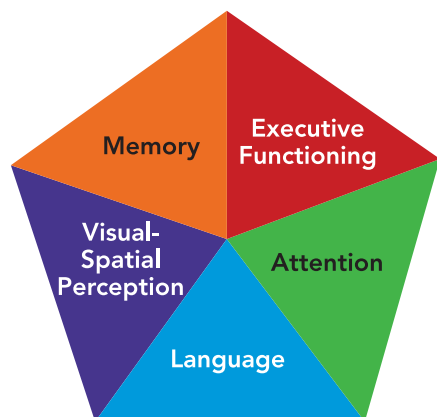


**Cognitive Therapeutics Montessori Approach targets the five primary domains of the mind:**



**Executive Functioning** includes cognitive abilities such as reasoning, problem solving, judgment, and thought flexibility.

**Attention** refers to the ability to focus on a specific piece of information for a long period of time while ignoring competing distractions.

**Language** refers to the ability to execute verbal functions including spontaneous speech, speech repetition, speech comprehension, naming, reading, and writing.

**Visual-Spatial Perception** involves the ability to accurately perceive an object's physical location and understand the relationships between objects.

**Memory** refers to the ability to retain information and utilize it later.

## Why **Heritage Care Advocates** Champions the Cognitive Therapeutics Montessori Approach

Our mission at Heritage Care Advocates is to “Provide Concierge Level Whole Person-Directed Care for Mind, Body, and Spirit”. Our Heritage is always being able to offer the highest standard of care for our clients and we are proud to have made a difference in the lives of hundreds of West Texas seniors and their families in the last decade.

To take advantage of the latest research suggesting that mental stimulation is associated with slower cognitive decline, we have championed a science-based cognitive stimulation program that can be administered one-on-one in the comfortable home environment. Now your loved one can harness the benefits of non-pharmacological cognitive intervention with a Cognitive Therapeutics Montessori-trained caregiver from Heritage Care Advocates.

**1-432-695-6489**

[www.HCAWestTexas.com](http://www.HCAWestTexas.com)



## Improve Quality of Life and Delay Cognitive Decline – at Home!



Introducing the Cognitive Therapeutics Montessori Approach

## Heritage Care Advocates of West Texas

**Located Just North of  
Midland Coultry Club**

**Houston Business Park 6415  
North Hwy 349, Bldg 13  
Midland TX, 79705**

**1-432-695-6489**

[www.HCAWestTexas.com](http://www.HCAWestTexas.com)

## Why use an ordinary caregiver when you can have a caregiver who is trained in the Cognitive Therapeutics Montessori Approach?

**Heritage Care Advocates** proudly trains caregivers in our proprietary Cognitive Therapeutics Montessori Approach so that clients receive one-to-one mental stimulation as well as support with basic care and activities of daily living. The Cognitive Therapeutics Montessori Approach not only improves our clients' mental acuity, but also their overall engagement and happiness.

### What is the Cognitive Therapeutics Montessori Approach?

The Cognitive Therapeutics Montessori Approach is an activity-based program designed to prevent the onset of new forms of cognitive decline, as well as slow the progression of existing symptoms for individuals already experiencing cognitive impairment. Based on cutting-edge scientific research and the landmark National Institutes of Health report, suggesting that mental stimulation is associated with slower cognitive decline, the Montessori Approach currently includes over 30 activities targeting the five primary domains of the mind.

Research over the past few decades has advanced the understanding of neuroplasticity and suggests that the brain can adapt throughout life. Neuroplasticity is the brain's ability to reorganize itself by forming new



connections to strengthen and rebuild an active mind. This is especially important as we age. In order to form these new networks of connections, neurons need to be stimulated through cognitive activity. This is why health-care professionals and families alike are excited about the Cognitive Therapeutics Montessori Approach.

### Resources for Family Members

Whether you or your loved ones are worried about being affected by dementia one day or are currently experiencing symptoms, our **Heritage Care Advocates** office is a resource center to help address your concerns. We offer educational tools to help family members support their loved ones as their caregivers administer Cognitive Therapeutics Montessori Approach activities.

### Expert Support for Caregivers and Clients

**Heritage Care Advocates** offers clients a dedicated Client Care Manager to oversee caregivers and care plans and to ensure clients are happy over the course of their relationship. We also have a full team of professional researchers to manage the Cognitive Therapeutics Montessori Approach, develop new programs and activities, and provide resources and support.

**Call us today to schedule a free consultation to determine how we can best serve your family.**

**1-432-695-6489 • HCAWestTexas.com**



# Choosing a Home Care Agency That Fits Your Needs in West Texas

At Heritage Care Advocates of West Texas, we are committed to helping families make the best possible decision regarding care for their loved ones. Our checklist of the most important questions to ask a potential home care provider is meant to assist you in your evaluation process.

		Company #2	Company #3
Has the company been responsive, informative and professional?	✓ We are available 24/7 as a professional resource for you and your family		
Are the caregivers screened, bonded and insured?	✓ We hire only 1 in 25 applicants and conduct extensive screening and background checks		
Does the company employ its caregivers and take care of taxes, withholding and workers' compensation?	✓ Our caregivers are employees, not contractors, to protect our clients from liability		
Does the company conduct any caregiver training such as the Balanced Care Montessori Approach?	✓ Our Balanced Care Montessori Approach training emphasizes healthy mind, body, and spirit.		
Does the company guarantee a personality match and offer caregiver interviews?	✓ We ensure a personality match and will not change your caregiver as long as you're satisfied		
Does the company offer back-up caregivers in case of emergency?	✓ We have an extensive roster of trained employees available for all our clients' needs		
Is the care manager available on-call 24/7, including nights and weekends?	✓ We are available 24/7 for our clients' needs including evenings, holidays and weekends		
Does the company perform regular quality assurance visits, client satisfaction reviews and caregiver evaluations?	✓ We conduct regular quality assurance visits along with other tools to ensure client satisfaction		
Does the company offer a satisfaction guarantee without any long-term contracts or commitments?	✓ We require no long-term contracts so you can use our services for as long as you need them		
Is the company a recognized leader in West Texas that has published books available on senior wellness and caregiving?	✓ We are a recognized leader in West Texas. Ask us for more information on our books		

For more information on our services, visit [www.hcawesttexas.com](http://www.hcawesttexas.com) or call 432-695-6489

Our mission at Heritage Care Advocates is to "Provide Concierge Level Whole Person-Directed Care for Mind, Body, and Spirit". Our Heritage is always being able to offer the highest standard of care for our clients and we are proud to have made a difference in the lives of hundreds of West Texas seniors and their families in the last decade.



## Meet The Warren Family

Thank you for considering Heritage Care Advocates of West Texas. Our Family is always ready to foster people helping people, caring for your loved ones. Thank you for your trust. As West Texas Locals, we understand the challenges families face when caring for an elderly loved one. It will be our pleasure to help you answer any questions or concerns.

*~ Kendall L. Warren*



We are a Senior Home Care Company serving West Texas. Our office in Midland Texas is locally Veteran Owned and Operated since September 1st, 2013 when we started their first case with the owner Kendall Warren's grandmother. Identifying this great need in West Texas, it was not take long to grow into our motto. "Home Care Is Our Heritage". We believe the difference between being in the Home Care Business and just being another home caring company is the caliber of our team of caregivers, our guiding HCA core principles and the management team of HCA of West Texas. It is the enthusiasm that our staff displays in providing quality and dependable home care to our clients that makes Heritage Care Advocates special. They are our most valued resource and we treat them like it.

Heritage Care Advocates of West Texas where "Home Care Is Our Heritage". Visit with us today at (432)695-6489 to set up a Free In-Home Care Consult and learn more about our services. Our mission at Heritage Care Advocates is to "Provide Concierge Level Whole Person-Directed Care for Mind, Body, and Spirit". Our Heritage is always being able to offer the highest standard of care for our clients and we are proud to have made a difference in the lives of hundreds of West Texas seniors and their families in the last decade. Our care managers are on call 24 hours a day for client needs and our caregivers are professionally trained and personally committed. The Heritage Care office is located just north of Midland Country Club at the Houston Business Park.

**Our Services** – We are proud of our reputation for high-caliber caregivers. Our caregivers take a holistic approach to our clients by encouraging independence and engaging them in physical, mental and social activities. Heritage Care help with meal preparation, personal hygiene, bathing, medication reminders, transportation and more on both a regularly scheduled basis.

**24 Hour Care Specialists** – Our caregivers are specifically trained in around-the-clock care. Clients and their families have peace of mind with caregivers who monitor safety, attend to any immediate or daily needs and provide companionship.

**We Are Available 24/7** – Do not let the upcoming Holidays put stress on the family dynamics. Even during evenings and weekends, so you can always be comfortable that someone is here to help.

**Our Caregivers** – We only hire one out of every twenty five caregiver applicants. All caregivers must have at least two years of senior care experience. We check references, criminal backgrounds, driving records and work authorization documentation. Finally, we administer our exclusive Caregiver Screening developed by field experts. Once hired, our caregivers attend our exclusive Balanced Care Method training, learning to provide moderation and variety to our clients in the areas of nutrition, physical exercise, mental stimulation and sociability.

**Flat Rate and No Long-Term Contract** – We have a flat rate fee structure, which means that as the level of need increases, our rates do not. There are no hidden fees for last-minute, short-term or weekend care. We don't require long-term contracts or commitments, so clients stay with us only as long as they are 100% satisfied.

**Our Network** – We're honored to be Preferred West Texas Providers for professionals in both the medical and senior communities. We are the trusted provider of home care services to the clients of care managers, assisted living and nursing communities, hospitals and senior centers throughout the West Texas area.



## WE UNDERSTAND: "THERE'S NO PLACE LIKE HOME"

### WHY OUR COMPANY?

We provide a comprehensive **FREE** In-Home Care Consult to determine level of care.

We have a unique **wellness approach** to home care called the Balanced Care Montessori Approach.

We offer Cognitive Therapeutics Montessori Approach an **activities based** program for our Dementia clients.

We take great pride in the **experienced, quality** Caregivers we employ.

Continual **communication** from our office keeps the entire family informed.

We are on call **24/7**

We don't require a long-term contract, encouraging clients to **try us** to see if home care is the right fit for them.

It's not  
"like home"...  
it is home.



Kendall Warren



Located Just North of  
Midland Country Club!

(432) 695-6489

www.hcawesttexas.com

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