

Case 6: COGNITIVA



Who?



Cognitiva Unit of Memory is the **first Neurocognitive Rehabilitation Center aimed at prevention and treatment of healthy, retired people, with mental problems associated with age, with mild cognitive impairment and mild and moderate stage dementias.**

It is a non-pharmacological therapeutic treatment given by professionals whose objective is the slowing down of deterioration and cognitive maintenance, strengthening all areas of the brain such as memory, language, comprehension, reasoning, attention, concentration, etc.

The main objective of COGNITIVA is to be the social referent in the care and well-being of the adult and elderly person as well as in family care and social awareness in the process of preservation of health and intervention in neurodegenerative processes such as Dementias.

This objective is developed during the duration of the assistance to our Units: 90 minutes a day and throughout the duration of the assistance and with permanent continuity through the permanent dissemination of the work we perform each day.

What?

COGNITIVA UNIT OF MEMORY is a socio-health organization specialized in the personalized attention to Adult and Elderly People in the **Prevention and Treatment of Alzheimer's Disease and other Dementias.** We facilitate the maintenance of **Autonomy** and the **participation** of the person in their community preserving as much as possible their capabilities and functionalities.

For the development of their activities:

- Professionals with the training and experience necessary to provide individualized care to the people with whom they work.
- Ambulatory sessions of fixed duration (90 minutes a day).
- State-of-the-art technical and technological means suitable for the correct treatment and therapeutic rehabilitation objective.

SCIENTIFIC COMITTE

- Gorka Álvarez, neuropsychologist, Cognitiva Pamplona
- Mónica Nieto, neuropsychologist, Unidad de Memoria Chamartín (Madrid)
- Nuria Rivas, neuropsychologist, Valoraciones Cognitiva Central
- Loles Villalobos, neuropsychologist, I+D Cognitiva Central
- Claudia Brizuela, Occupational therapist, Unidad de Memoria Goya (Madrid)
- Alfonso Cuadros, Clinical psychologist and DEA, Cognitiva Central (Coordinator of Scientific Comitte)

Why?

We want to become a referencing service to socio-sanitary level in **preventive** matters and **non-pharmacological therapies** for adults and elderly people suffering from **Alzheimer's** or other **dementias**, all over the national and international territory.



How?

- With the solidification of the fundamental **principles** of the organization.
- Maintaining the **quality** of service objective as a priority, based on our "quality principles".
- Improving **organizational** systems and self-**assessment** systems.
- Promoting the internal and external **training** of our professionals, as well as their **motivation**.
- Using the latest **technologies**.
- Extending the **intensity** and **typology** of our work to serve a greater **number of users**
- Using Periodic **Indicators and Reports** as a tool that measures, over time, the realization of the functions, processes and results of the different MEMORY UNITS.
- Through the **Continuous Improvement** of the processes created as well as the protocols of **care and evaluation** to satisfy the **needs** of users, professionals and families who demand it.
- Developing specific **protocols** with the **consensus** of all professionals

Where?

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VALUES

Knowing that every organization must be guided by "values" as a motivating element of actions and human behavior, our values define the fundamental nature of the network, thus creating a common identity with the staff that works in it.

Our values are associated to the sense of **cohesion** and **effort**, to the differentiation that we propose to achieve (**leaders in neurocognitive prevention and rehabilitation**). The values are intended to promote job creation, internal promotion, continuous improvement and be as productive and profitable as possible to give continuity to our activity.

On the other hand, there are values associated with the way of thinking and doing things, that is, the **principles** that should govern the behavior of all workers of different COGNITIVE UNITS.

MENTENTIA

Cognitive not only works in methods and therapies really innovative from a methodological and psychological point of view, but also uses new technologies in an intensive way to carry them out.

Specifically, Cognitiva has designed its own tool of **cognitive stimulation**, **Menentia Kwido**, managed by its professionals, that through simple and fun **games** allows to measure in real time the evolution of each user's cognitive index, measure their emotional state, etc.