



Effective Strategies & Solutions

Our Certified Dementia Practitioners® are specifically NCCDP/ICCDP trained in dementia and cognitive impairment. Our consultants provide Specialized Carer Training and Family Consultation / Education to support clients & carers in the privacy of the client's home or senior residence.

Our consultants establish individualized strategies and sustainable solutions to improve Quality of Life for both clients AND their families.

Our team of Fit Minds™ certified Cognitive Coaches offer evidence based cognitive stimulation programs to facilitate meaningful engagement & cognitive activities.

Assessment & Intervention Plans - 4 Key Areas -

- 1- **PATIENT/CLIENT** - his/her unique characteristics, strengths and behaviors
- 2- **HOME ENVIRONMENT** - potential contributing factors to challenging behaviors, triggers and safety concerns.
- 3- **DAILY ACTIVITIES** – client routines to provide optimal balance: prevention of cognitive overstimulation or cognitive understimulation. Training to reduce carer conflict & triggers with daily routines including bathing, feeding, dressing, etc.
- 4- **CARE PARTNERS** – problem solving & collaboration with family/carers. Training to minimize aggression, client/carer conflict and stress. Our goal is to improve Quality of Life for both our clients AND our



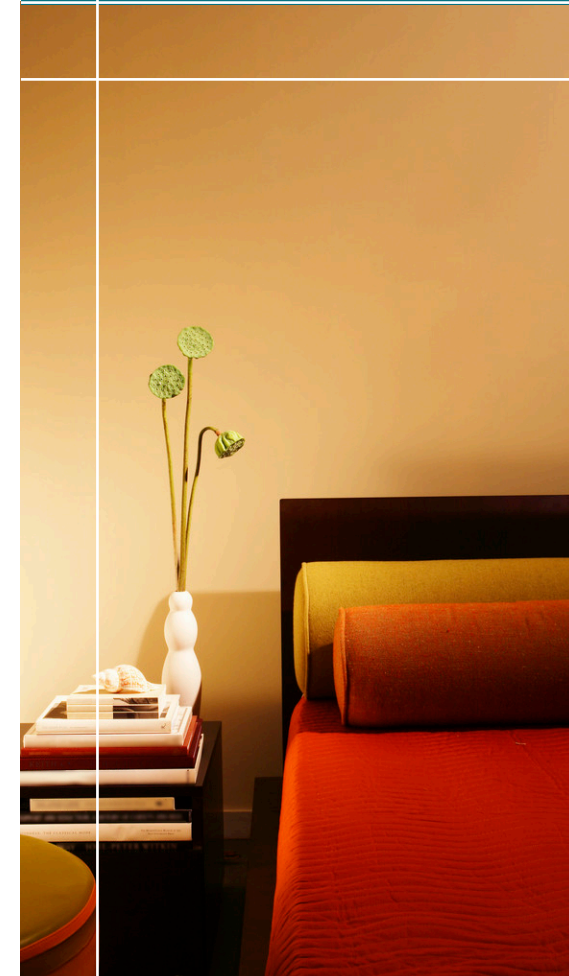
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Cognitive

- Consultation
- Training
- Coaching

- Certified Dementia Practitioners®
- Specialized Caregiver Education
- Family Consultation & Training



Our Professional Team

Our team of professional consultants is led by skilled and qualified NCCDP/ICCDP Certified Dementia Practitioners®. We serve our clients with decades of combined experience in direct patient care, counseling, training and cognitive stimulation coaching.

Arielle Gainsburg Meyer OTR/L CDP®

Owner - YA Partners Group is qualified by NCCDP as a Certified Dementia Practitioner and has practiced clinically as an Occupational Therapist for 28 years in senior living facilities, assisted livings, memory care units and in home healthcare settings.

Dr. Yvonne Prinsloo PhD, CDP®

Owner – Geared4Life.co.za has over 25 years experience training individuals on effective communication strategies, personnel training & handling of conflict. She is a Certified Cognitive FitMinds™ Coach, a Certified Dementia Practitioner® and a Pastor holding her PhD in Ministry.



Improve Quality of Life

For both Clients and Families

Families wishing to support their loved one with Dementia or cognitive impairment face unique challenges and require individualized and specialized support.

While a client may be unable to change their condition or behaviors, family & care partners CAN be educated and trained to implement effective and sustainable solutions to minimize conflict & challenging behaviors, and optimize Quality of Life.

Cognition is a dynamic, not static, process and requires adaptability, flexibility and collaboration from an extended care team.

Our Certified Dementia Practitioners® collaborate with clients, families, carers, nursing staff & physicians to devise effective and individualized strategies for care. Services include:

- Communication Strategies • Tools
- Activities of Daily Living • Training
- Challenging Behaviors • Techniques
- Cognitive Stimulation • Coaching

