



Mindful Assessments & Psychological Services^{LLC}

Helping you to find your way

MINDFUL ASSESSMENTS AND PSYCHOLOGICAL SERVICES, LLC.

Is proud to announce the opening of a new geriatric care center in **January 2020**

REEACH: *Respectful Evaluations and Education for Adult Cognitive Health*

The mission of REEACH is to provide seniors with the tools and resources needed to continue to remain as independent as possible throughout their lifespan.

This includes respectful and mindful evaluations of their current cognitive abilities, education about how to maintain cognitive health while aging, and community resources to maximize independence while maintaining safety.

Some of the services provided include:

- Cognitive screenings to identify changes that might require more in-depth evaluations or medical follow-up
- In-depth cognitive evaluations to provide feedback on current abilities and to aid with planning for the future
- Educational groups about the effects of aging on the brain and how to maintain cognitive health over time
- Cognitive strengthening groups to aid in the retention of cognitive functioning over time
- Referrals to community resources for help with in-home care, transportation and services
- Resources for caretakers of individuals with dementia

*** Medicare is accepted for evaluation services; education and resources are not covered by medical insurance.

For more information, call 973-832-7777 or email admin@mindfulassessment.com

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