



A Study of H A B I T

Healthy Action to Benefit Independence & Thinking

A 10-day Brain and Body Wellness Program for people living with mild cognitive impairment and a support partner.

The Comparative Effectiveness of Behavioral Interventions to Prevent or Delay Dementia (CEBIPODD) Study of HABIT

HABIT is a 10-day program offered to individuals living with mild cognitive impairment. A support partner is required to complete the program with the participant. The program builds on existing strengths and recognizes that procedural memory, otherwise known as 'habit,' can be exercised to promote the highest level of function and independence.

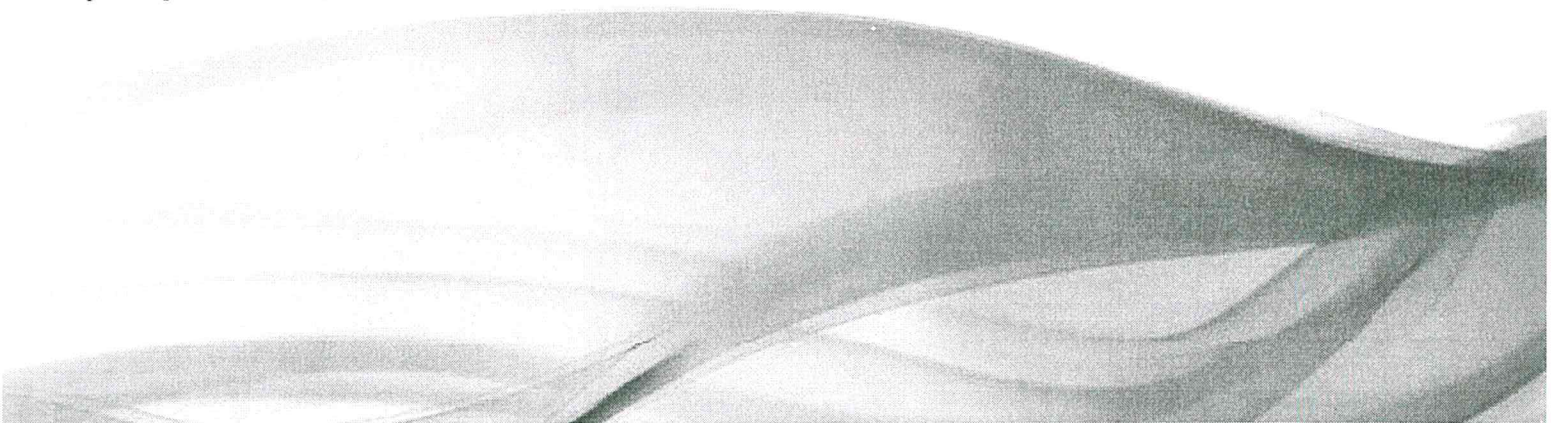
In the CEBIPODD study, participants will be randomly assigned to engage daily in 4 of these 5 components of HABIT:

- Individual memory compensation training
- Group supportive therapy
- Yoga
- Brain fitness
- Wellness education

These sessions are delivered by a caring, multidisciplinary HABIT team including psychologists, education specialists, cognitive interventionists and exercise specialists.

Who Benefits

People with a recent diagnosis Mild Cognitive Impairment (MCI) can benefit. The MCI may be due to Alzheimer's disease, Lewy Body disease, vascular disease, or frontotemporal dementia or other causes. The partners who participate in the experience also benefit. A partner can be a spouse, partner, adult child or good friend.



One Mayo Clinic

The HABIT Program is integrated, coordinated, and standardized across Mayo Clinic sites (AZ, FL, MN). Each site will offer 4 sessions of the CEBIPODD study of HABIT per year.

Specific Goals of the Study

This study will examine the contribution of each of the 5 components of the HABIT program:

- Use of a daily memory compensation tool
- Engagement in daily physical exercise
- Engagement in daily cognitive exercise
- Improved cognitive function
- Enhanced quality of life
- Improved independence in function
- Increased self-efficacy (i.e., confidence)
- Increased resilience, coping, and self-care
- Enhanced psychological well-being for MCI patients and their partners
- Improved physical conditioning, balance, and/or flexibility

The HABIT Experience

Wellness is more than just good memory. HABIT is a holistic wellness experience that encompasses physical and emotional balance, meaningful engagement, supportive relationships, the ability to embrace change, and a sense of understanding one's situation and what lies ahead.

How much does the study cost? Does insurance cover this program?

Insurance is billed for the Individual Memory Compensation Training and Group Supportive Therapy components. Medicare and many private insurances often cover the cost of these two components but you may be responsible for deductibles or co-pays. In HABIT, there is typically an out of pocket program fee for the three components not covered by insurance, as well as materials and site fees. In the CEBIPODD study of HABIT the program fee will be paid for by study funding.

For More Information

Visit our on-line orientation at:

<http://www.mayoclinic.org/departments-centers/psychiatry/services/habit-program>

Or call...

Mayo Clinic in Rochester | Mayo Clinic in Florida | Mayo Clinic in Arizona

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