

# SEQUOIA PATHWAYS: COGNITIVE WELLNESS PROGRAM

*Whole-person support for Cognitive, Emotional, & Behavioral Health*

## OVERVIEW

The **Sequoia Pathways: Cognitive Wellness Program** is for individuals experiencing cognitive changes, dementia, & co-occurring mental health or behavioral concerns.

We partner closely with residents, families, caregivers, & facility teams to develop individualized plans that honor each person's history, abilities, preferences, & goals of care. Our goal is to enhance comfort, dignity, emotional well-being, & overall quality of life.



**EDUCATION  
& GUIDANCE**



**SUPPORT FOR  
CAREGIVERS**



**PERSONALIZED  
CARE PLANNING**



**ONGOING  
CHECK-INS**

**LED BY**

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Certified Dementia  
Practitioner & Trainer

## PROGRAM PATHWAYS

### **BEHAVIORAL HEALTH / PSYCHOTHERAPY PATHWAY**

For individuals experiencing anxiety, depression, insomnia, PTSD, bipolar disorder, schizophrenia spectrum disorders, personality disorders, OCD, or emotional distress related to cognitive changes.

### **DEMENTIA SUPPORT PATHWAY**

For individuals with moderate to advanced cognitive impairment, including dementia-related behavioral or mood changes, functional decline, or safety concerns. Services emphasize person-centered strategies, caregiver education, and ongoing monitoring.

**SEQUOIA**  
Integrative Medical Services

**FOR MORE INFORMATION, CONTACT US!**



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