

SEQUOIA PATHWAYS: COGNITIVE WELLNESS PROGRAM

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

OVERVIEW

This 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**

PROGRAM PATHWAYS

BEHAVIORAL HEALTH / PSYCHOTHERAPY

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

DEMENTIA SUPPORT

For individuals with moderate to advanced cognitive impairment, including dementia-related behavioral or mood changes, functional decline, or safety concerns.

SERVICES

- ✓ Cognitive & functional assessment
- ✓ Mood, & psychiatric health evaluation
- ✓ Behavioral health evaluation
- ✓ Psychotherapy & supportive counseling
- ✓ Behavioral strategy planning
- ✓ Psychiatric med review & management
- ✓ Family & staff education and support
- ✓ Individualized care planning
- ✓ Ongoing check-ins

PROGRAM CORE VALUES

COMPASSION

EDUCATION

SUPPORT

COLLABORATION

HOPE

SEQUOIA
Integrative Medical Services

FOR MORE INFORMATION, CONTACT US!



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