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SAIDO Learning is a non-pharmacological intervention that has shown to improve the symptoms of dementia.

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History of SAIDO Learning

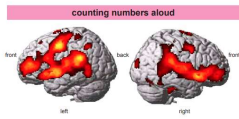
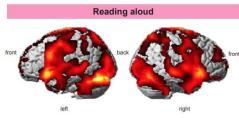
- Founded by Dr. Ryuta Kawashima
- Partnered with KUMON Institute of Education
 - Developed in 2001 in Japan
 - 2010 – Dr. Kawashima visits Cleveland Clinic
 - 2011- Research Trial in United States
 - 2013 - First US location offers SAIDO Learning
 - 2018 - Covenant Living acquires master license



4

Reading and counting numbers aloud will make your brain active

Reading and counting numbers aloud will make your prefrontal cortex active. We found that it is more active when reading fast than reading slowly.

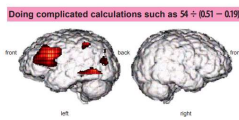
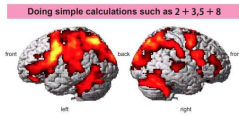


Red colored areas are active

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Simple calculations will make your brain active

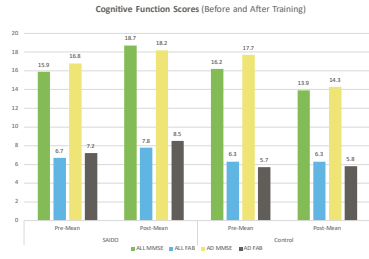
Prefrontal cortex is not very active with complicated calculations, however, it is very active with simple calculations. It is important to do simple problems to be solved at a steady pace.



Red colored areas are active

6

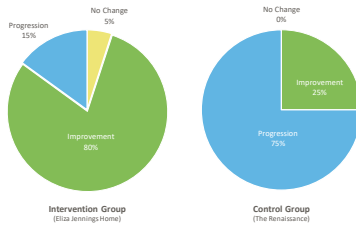
Research Trial Outcomes



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Primary Outcomes MMSE*

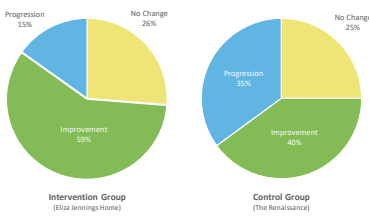


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* Mini Mental State Examination

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Primary Outcomes FAB*



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* Frontal Assessment Battery of Behavior

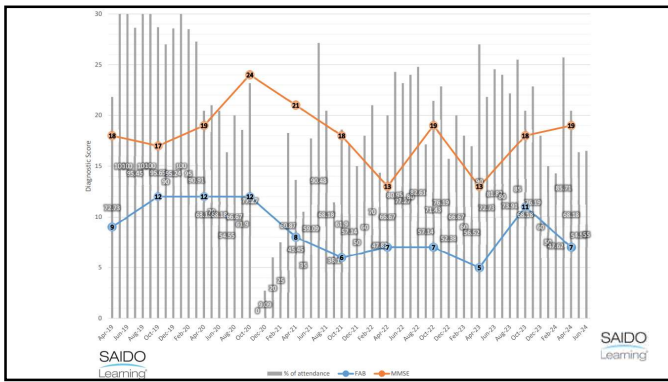
9

Outcomes

- COMMUNITY A
 - Out of 22 learners who completed 12 consecutive months of SAIDO Learning sessions, 59% saw favorable change in their diagnostic testing scores.
- COMMUNITY B
 - Out of 15 learners who completed 12 consecutive months of SAIDO Learning sessions, 73% saw favorable change in their diagnostic testing scores.
- COMMUNITY C
 - Out of 13 learners who completed 12 consecutive months of SAIDO Learning sessions, 69% saw favorable change in their diagnostic testing scores.
- COMMUNITY D
 - Out of 16 learners who completed 12 consecutive months of SAIDO Learning sessions, 69% saw favorable change in their diagnostic testing scores.



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Benefits to residents

- Non-drug
- Individualized
- No risk
- Decrease in aggressive behaviors
- Reducing medications
- Increased socialization



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Supporter Study Results

- Felt empowered
- More engaged
- Improved job satisfaction
- Best part of their day
- Better communication between team members



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Structure in a CCRC setting

- Program that you can offer to all your residents
 - Healthy Brain Clinic
 - Foundation for your memory care program
- Multidisciplinary staff approach
 - Include clinicians and non-clinicians



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What makes SAIDO successful?

- Individualized approach
- Engagement vs activity
- Complimentary to other programs
- SAIDO Supporters



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