What is the New Ways for Better Days Program?
This program, also referred to as the Tailored Activity Program (TAP), is designed to prevent, reduce or manage common behavioral and psychological symptoms of dementia, enhance the quality of life of people with dementia, minimize time spent in caregiving and improve well-being of family caregivers. It is an individualized, family-centered approach for individuals at the mild, moderate, or moderate severe stage of the disease of any etiology who are experiencing behavioral and psychological symptoms.

The program provides a comprehensive assessment of the person with dementia including their preserved abilities and intrinsic interests from which activities are selected and tailored to cognitive and functional profiles, and caregivers are trained in their use as part of daily care routines. The program helps people with dementia reengage in meaningful ways in their environment to provide quality of life.

Is the program evidence-based?
Yes. The program has been tested in several randomized trials. Studies consistently show reductions in behavioral symptoms, time spent in caregiving and improvements in wellbeing of persons with dementia and caregivers. On-going evaluation of the program continues.

In what settings can the program be implemented?
• Home care
• Community-based programs (Adult Day Services)
• Long-term care facilities
• Assisted living facilities
• Hospital
• Nursing homes

Who can provide the program?
Occupational therapists and other health and human service professionals who can consult with an occupational therapist can be trained in the program.

Is training in the program required?
Yes. Training is required to obtain a certification of completion and a license in order to deliver the program as it is intended.

What does training involve?
• Six 50-minute online learning modules
• Access to treatment manual, documentation binder, worksheets, forms and select articles
• A 2-hour (virtual) webinar training
• Up to three coaching calls
• Review of pre and post brief videos of activity engagement, and activity prescriptions for up to three cases
• Access to a chat room to share and problem solve cases

How much does training cost?
Costs vary based on country, number of individuals trained from an agency/clinical setting. The cost for an individual U.S citizen is US $1,595. If you are an agency, health care organization, group, or living in a country other than the U.S., then please contact us for more information and group rates.

Is there a license agreement and fee?
• Cost of training includes the initial license fee
• After two years, renewal of license is required ($100) to enable continued use, access to updated manuals, access to chat room of program users
• License agreement can reside with an agency or individual trainee

Want to learn more about the program?
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