

Skyline supports UW Medicine research efforts

As a part of its commitment to health and wellness, Skyline recently hosted the Seattle launch of [HABIT](#) (Healthy Action to Benefit Independence and Thinking). HABIT, developed by Mayo Clinic, is a 10-day multicomponent therapeutic program offered to persons living with mild cognitive impairment, alongside a support partner. Components include individual memory compensation training, group supportive therapy, yoga, computer brain fitness training and wellness education. The program builds on existing strengths and recognizes that procedural memory, or 'habit' memory, can be utilized to promote the highest level of function and independence.

This initial HABIT session, the first of five, is part of a research study conducted by UW Medicine's [Memory & Brain Wellness Center](#) and Mayo Clinic. The study investigates behavioral interventions to prevent or delay dementia, and aims to determine how each program component contributes to people's cognitive and emotional health. In each session, participants are randomly assigned to four of the five program components. The study compares the effectiveness of different combinations of behavioral interventions, using various outcome measures including mood, quality of life, cognition and function. The results of this study have the potential to guide persons with mild cognitive impairment, families, and health care providers as to which combinations of behavioral interventions provide the greatest potential impact on which dementia prevention outcomes.