

# Overview

SAIDO Learning Therapy is powered by Kumon Institute of Education (Kumon) of Osaka, Japan and is exclusively licensed by Covenant Living Communities and Services. SAIDO is a nonpharmacological program based on a learning intervention offering mental exercises and an opportunity for enhancing individual engagement with staff and others in everyday life. The goal of SAIDO Learning is to not only provide care for individuals with dementia, but to improve their quality of life through intentional engagement opportunities.

## Evidence-Based Outcomes

(Data collected from current SAIDO communities)

- **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**

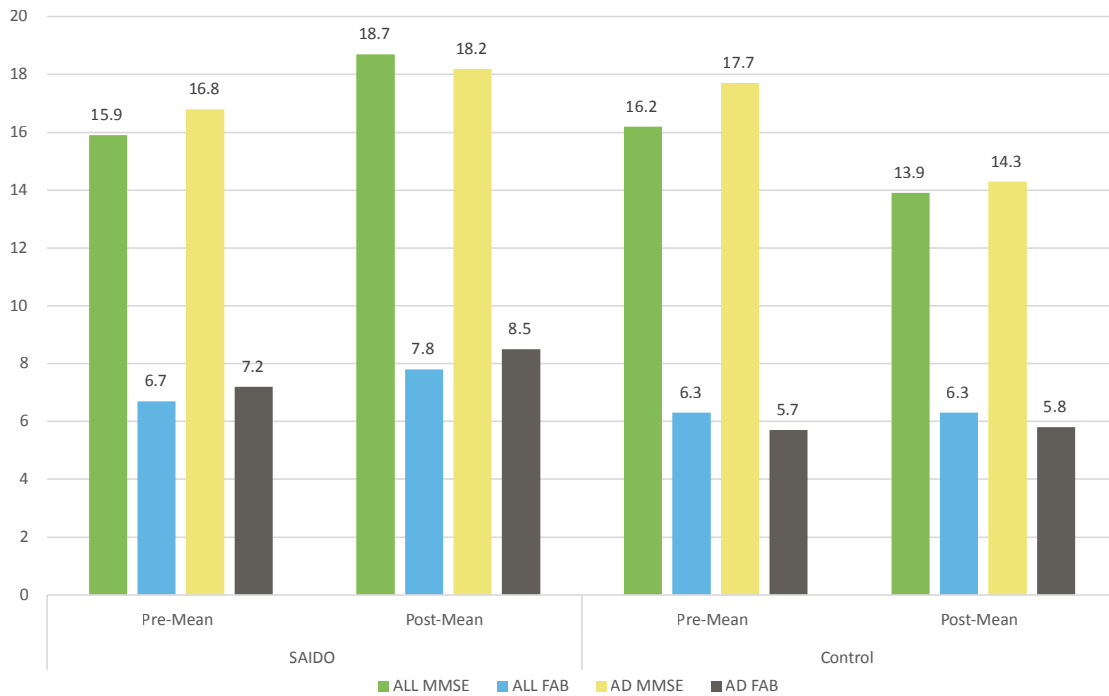
Out of 13 learners who completed 12 consecutive months of SAIDO Learning sessions, 69% saw favorable change in their diagnostic testing scores.

- **COMMUNITY D**

Out of 16 learners who completed 12 consecutive months of SAIDO Learning sessions, 69% saw favorable change in their diagnostic testing scores.

## Research Trial Outcomes

The results shown in the table graph below suggest that SAIDO Learning Therapy is an effective cognitive intervention and is use for dementia care. After the 6-month study, participants in the SAIDO group showed statistically significant improvement in their cognitive function as measured by the MMSE and FAB exams compared to the control group participants.



## Observation

SAIDO Learning sponsored by Covenant Living dramatically impacts and improves the quality of life for adults actively engaged in the program. The power of engagement and repeated successful exercises at a level just-right for each Learner brings a sense of accomplishment and enables Supporters to find new ways of connecting with residents. Everyone involved—residents, staff, volunteers, and family members—have an opportunity to build connections, and make a positive impact on this ever-challenging condition.

## Learn More

To discuss pricing options and implementing SAIDO Learning Therapy at your community, please call (224) 645-3730 or visit [CovLiving.org/SAIDO](http://CovLiving.org/SAIDO).

