

Constant Therapy

Constant Therapy is an online program for patients with mild or subjective cognitive insufficiency. You or your family member can practice brain therapy exercises online and chart their progress.

Constant Therapy is available on smartphones, tablets, or Chromebooks. To get started:

1. Download the Constant Therapy "App" from your device's "App-store;"
2. Enroll with Constant Therapy at <https://constanttherapyhealth.com/constant-therapy/>;
3. Click "Try for free" (in the top bar on their website);
4. Enter your email address and create a password;
5. Enter basic information about yourself (to create a customized program);
6. Type code: **Bradford15** for 15% off the \$30 monthly subscription after free 14-day trial.

After you register, the Constant Therapy program takes you through beginning exercises to evaluate your ability level. Then it customizes your exercises (not too easy or too difficult). As you practice and improve, it adjusts the appropriate level of difficulty for you.

Sample progress diagram, showing areas of latest progress since baseline assessment:

