

The app for the activation  
of cognitive performance

  
**BRAINMEE**



*Practice makes  
life perfect.*

Vitality through holistically activating training.



# DIGITAAL

*Research  
for a better  
quality of  
life.*

DIGITAAL life develops digital methods to activate cognitive performance in old age.

Our mission is to provide digital methods for health and care to strengthen the well-being and quality of life of older people.

This mission led to the tablet-based app with a holistic training model based on **memory, movement, perception, everyday activities and playful creativity**.

The effectiveness of this training has been proven in numerous scientific studies.

In cooperation with JOANNEUM RESEARCH, the Medical University Graz and several application partners from the care sector, our multidisciplinary team from the fields of dementia, care and IT developed the **BRAINMEE** tablet app, which activates cognitive performance in a playful, holistic way.

# *Holistic activation.*

Holistic training with BRAINMEE includes:



- Individual or group training, at home and in health, care and social service organizations
- Numerous themes available, each in 4 levels of difficulty
- Field-tested, professionally founded, clearly structured
- Ready-to-use without additional effort
- App arouses interest and motivation to regularly integrate cognitive training into everyday life
- Training is possible without the Internet

# *Daily training. Supervised or independ- dent.*

Daily training with the **BRAINMEE** app activates cognitive performance, whether independent at home, mobile with trained caregivers, or in facilities and practices.

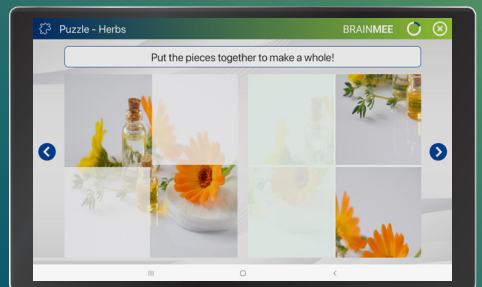
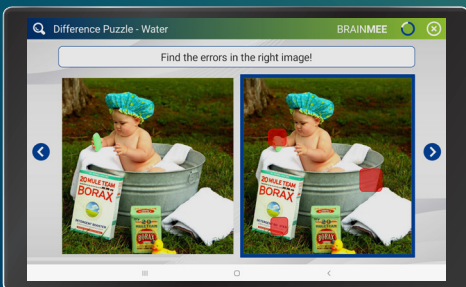
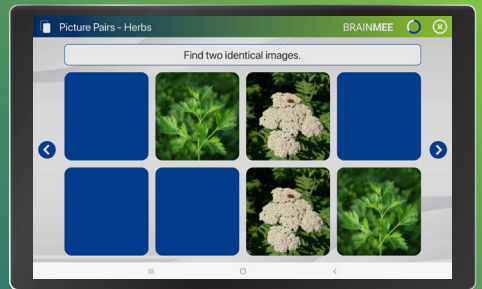
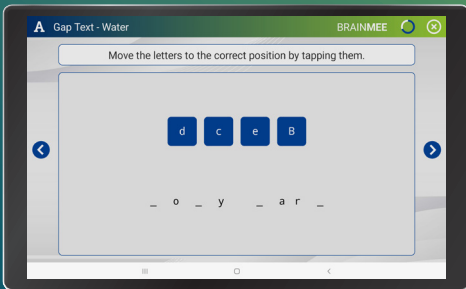
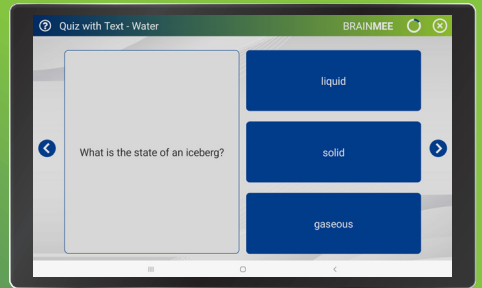
Each training unit with the app has a specific theme (e.g. water) and contains a sequence of exercises that stimulate the different human senses. Each theme is available in 4 levels of difficulty.



Movement and perceptual exercises to warm up are followed by knowledge questions, math problems, cloze words and texts, puzzles, picture pairs, troubleshooting pictures, audio quizzes, songs and more.



# Examples of holistic training with the app BRAINMEE.



# The app in practice.



## Univ. Prof. Dr. Reinhold Schmidt:

*“Multimodal training programmes are a beacon of hope for older people. The BRAINMEE tablet-based programme is pioneering the evaluation of the effectiveness of complex training models to activate cognitive performance of older people.”*



## Sen. Scient. Dr.in Sandra Schüssler, MSc, BSc:

*“New technologies play a big role in healthcare. Not only to activate cognitive performance, but also to alleviate the lack of resources. The BRAINMEE app provides family members and caregivers with an ideal tool for their work.”*



## Petra Schmidt:

*“Cognitive training and movement exercises make a decisive contribution to the well-being of older people. In its visiting service, the Red Cross has been using the BRAINMEE app from DIGITAAL life for a long time to activate the mental and physical fitness of our clients. Whether in a group or in pairs, the app offers varied exercises that are fun.”*



## Monika and Friedrich Mulzet:

*“By chance, I found out about the BRAINMEE app and started training with my wife regularly. Although I was skeptical at first, I am now excited about how much fun it is to train together. Meanwhile, I'm even practicing with the app myself to boost my cognition.”*



# BRAINMEE

[www.brainmee.com](http://www.brainmee.com)

## Technical requirements

BRAINMEE is designed for use on tablets. An Android tablet from Android version 8.0 (and access to the Google Play Store) or an iPad from iPadOS version 8.2 is required. Use via smartphone is planned for the future.

## Free trial version

You can download a free trial version at [www.brainmee.com/test](http://www.brainmee.com/test)



## Subscription order

You can get our subscription at [www.brainmee.com/pricing](http://www.brainmee.com/pricing)

The subscription contains numerous thematic trainings in 4 levels of difficulty each. New training contents are published regularly, which are subjected to a detailed quality and practical check beforehand.

BRAINMEE is an innovation of

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