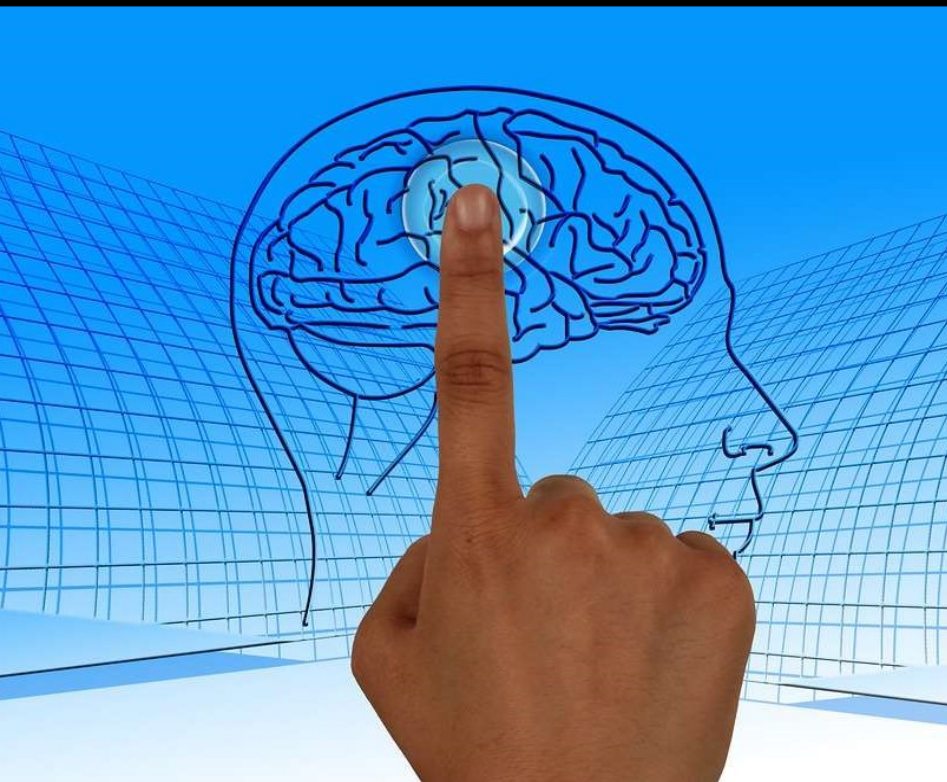


Version
1.0

A Quick Start Guide to COSMA: The Dementia Treating Software



Cerebrum Matter Ltd.

Version 1.0

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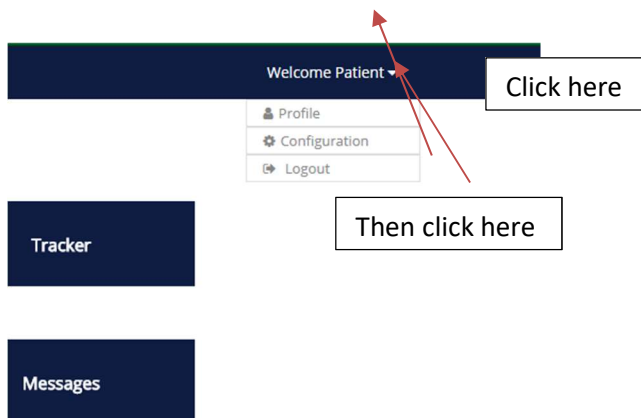
Introduction:

The intent of this quick start manual is to help the user understand how to set up and use the COSMA software for their own use, as well as the patients in question, in a quick and efficient manner.

Login Instructions??

Getting Started & Configuration:

After you log in with your personal account details, you should be taken to the main page, where there are four different options on display; “Therapy”, “Tracker”, “Calendar” and “Messages”. Before clicking on any of these, you will need to go to “Configuration” under the settings first to modify the software so that any activities become specific to the patient. The menu for the settings appears after you click where it says “Welcome [Username]” in the top right-hand corner.



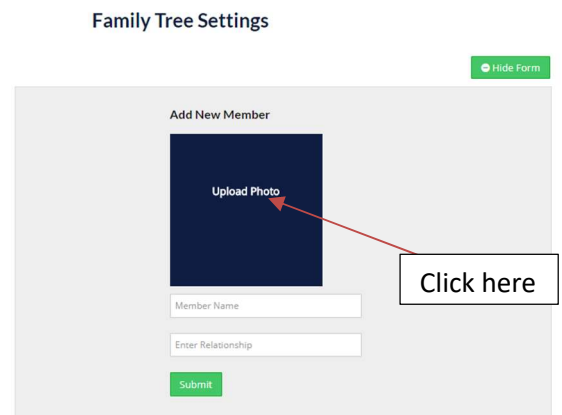
After that, five more options should appear; “Family Tree”, “Jigsaw Puzzle”, “Events”, “Visual Stimulation” and “Meditation”. These will be the activities that the patient will play when using the software. Click on “Family Tree” to proceed.

1. “Family Tree” Settings

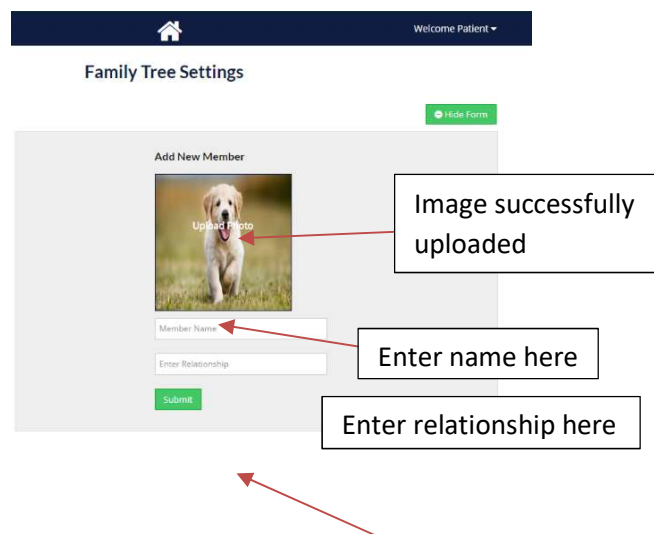
The “Family Tree” activity involves the patient having to match pictures of family and relatives with their names and relation to the patient, i.e. mother, father, daughter, grandson, etc. All of this can be configured here on this menu screen. To do this, you first want to click on the green “Add” tab in the top right corner of the screen. A new menu should now be present

This is how you will be adding each family member to the software for this game. Follow these steps to proceed:

- 1) Click on “Upload Photo” to put in the image of the first family member that you wish to add.

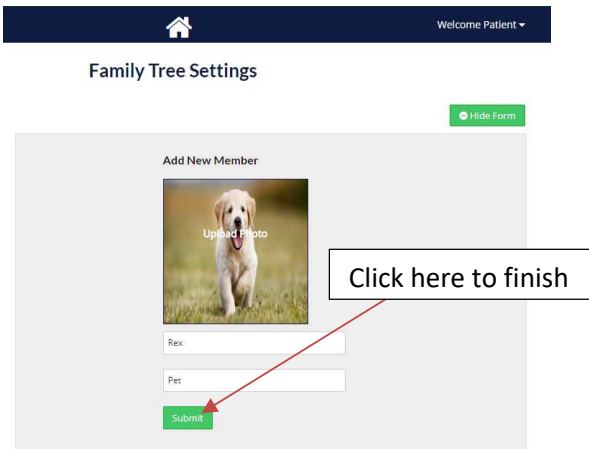


- 2) Browse and locate the photos that you wish to use from the computer’s hard drive (or USB storage device if you have the photos saved on there) and upload them to the software.
- 3) If successful, then the photo should now display where “Upload Photo” was. Please note that the picture may not fit the frame correctly, but it should still be viewable.
- 4) After that is complete, just simply add the person’s name and the relationship that they have with the patient.



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- 5) Click “Submit” to save your addition. If you would like to add more members, just simply repeat the process again until you have everything you feel is necessary.



- 6) Additionally, you can also edit the information of each family member you add in case you make a mistake or wish to change the photo. You can also delete it completely.

After you are finished with this and are happy with it, move onto the next configuration, “Jigsaw Puzzle”.

2. “Jigsaw Puzzle” Settings

Here, you should be greeted with a similar layout to the “Family Tree” configuration. How you add new options for this game is the same as before, except this time you will be just uploading suitable pictures for use as a jigsaw puzzle. They can have association with the patient or not, it is down to personal preference, but it is recommended. When you are happy with your configurations for “Jigsaw Puzzle” move onto the settings for “Events”.

3. “Events” Settings

This is very similar to configuring “Family Tree” but this time you will focus on significant events that have occurred within the patient’s life, which can include things like birthdays, a big holiday, when they got their first car, when they got married, etc. To add each event, follow the same procedure as configuring “Family Tree”, but replace “relationship” with what year the event occurred. If any difficulties arise, be sure to follow the steps given for the Family Tree

configuration. When you are happy with your changes, move onto “Visual Stimulation”.

4. “Visual Stimulation” Settings

“Visual Stimulation” is simply an activity which involves the patient matching colours with a shape or an image when prompted. Within this configuration, you can upload images that the patient may associate with, and they may associate those images with a colour, which they can match with in the game. When you upload a picture to this, you can also pick the colour that you think the patient will associate the picture with. Move onto the final configuration, for “Meditation” when you are finished with this.

5. “Meditation” Settings

The options for “Meditation” are slightly different from the others. In a more specific sense, the “Meditation” activities involve the patient staring toward a visual point for a certain amount of time, known as “Focus Point Meditation” and another involving controlled breathing, known as “Breathing Meditation”. For the “Focus Point Meditation” you have the option of changing the size of the dot on the screen to be big/medium/small as well as being able to change the timing of the activity (the default should be 60 seconds). You can also change the timing of the “Breathing Meditation” as well.

When you are happy with your final changes, click on the Home button at the top middle of the screen to send you back to the main menu. Congratulations! You have completed setup and the software is now ready to be used.

About the Main Menu Options:

The starting menu consists of 4 different choices, which are “Therapy”, “Tracker”, “Calendar” and “Messages”. This section will explain what all these options do to a good degree of detail.

1. Therapy

Choose this option if you wish to play through the activities the software has to offer. When you click on this option from the main menu it will take you to

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another menu, which has the options of “Reminiscence”, “Meditation”, “Visual Stimulation”, “Biofeedback” and “Play Therapy”.

Choosing “Reminiscence” will play the reminiscence therapy activities “Family Tree”, “Events” and “Jigsaw Puzzle” as stated previously in the Configuration section.

Choosing “Meditation” will play the meditation activities “Focus Point Meditation” and “Breathing”, also previously mentioned in the Configuration section.

Choosing “Visual Stimulation” will play the visual stimulation activities, again previously mentioned in the Configuration section.

The “Biofeedback” option is not available as of this version of the software.

Choosing “Play Therapy” will play all the activities available one at a time. Playing all the activities will merit a score, which will be displayed at the end of completing them all. These scores will be recorded and displayed within the Tracker, which will be explained in a little more detail in the next section. Scores are only recorded when choosing this option, picking the individual games and playing them will not merit any score at the end.

2. Tracker

The second option that can be seen on the main menu is the Tracker, which is used to keep track of how well the patient is completing the activities. All the scores accumulated from completing all the activities together can be seen here in different visual forms. Attempts by day, week and month are all displayed here, with the attempts by day being shown in pie chart form and attempts by week and month being shown in bar chart form. It is also possible to see the results from previous weeks and months, by simply clicking on the small calendar icon towards the top right area of the screen.

3. Calendar

The third option to choose from is the Calendar. This is a very handy tool which can help you keep track and organise when and what you want the patient to do on

certain days. It can also help the patient understand what their tasks are for the day, which can include activities outside of the software for more convenience and time management.

Adding an event for the day is very simple; either click on the green “Add” tab at the top right or the plus symbol located in one of the days of the calendar grid. A new menu should appear and have the title “Add New Events”.

From here, you can choose the date that you want for your new event; clicking on the small plus icon for a certain day in the calendar will automatically input that day as the option here, but alternatively you can click on the small calendar icon next to “Select Date” and pick a day from the entire month and future months if you wish as well.

To finish inputting your event, just add a name for it and a brief description of what it entails. Click “Submit” to add your event for your chosen day.

4. Messages

The final option on the main menu is the “Messages” tab. Here, you can add and delete messages that the carer or the patient can view themselves. It is very flexible as it can have many intended uses, for example you can link videos or articles for them to watch or read, link useful websites or give them instructions on what they need to do to carry out some of their activities that day. These are only a few examples of what this can be used for, so it is up to the user to decide what uses it can provide.

This is the end of this quick-start guide for use with this version of the COSMA software. Thank you for choosing COSMA and we hope that it is successful for you.