



TBH TOOLKITS FAQs

NEED HELP? CONTACT US AT INFO@TOTALBRAINHEALTH.COM

What are TBH Toolkits? TBH Toolkits are wellness-based brain training courses for groups. As a TBH Trainer, you get everything you need to lead engaging, interactive classes that teach community members the many ways they can stay sharp, remember better and improve their long-term cognitive vitality.

Who is the target audience? TBH Toolkits are designed for groups along the memory continuum, from cognitively independent to moderate cognitive decline.

What's the difference between a TBH Toolkit Level 1.0 and Level 2.0 course? Level 1.0 courses teach the foundations of brain health and memory strategies. Level 2.0 courses offer all new, more challenging brain workouts for advanced engagement that extends the breadth of the program for greater benefit.

What's included in the TBH Toolkits? Toolkits include the TBH course as well as everything else needed to run the program, such as class games, worksheets and handouts. You will also find promotional materials, including a video to share on digital signage, a community presentation, and suggested copy for outreach.

How will I get my TBH Toolkit? All TBH Toolkits are housed entirely online. With purchase, you'll log in at www.tbhtoolkits.com with the username and password you select at the time of purchase. There you will find everything you need to run the course.

What if I don't know anything about the TBH Toolkits? No problem! Our TBH courses are scripted to help you find your voice. To help you further find your voice as a trainer, we also offer a [TBH Trainer Education Series](#) with self-paced, on demand training videos and assessments that help drive home the learning. Upon completion earn a TBH Toolkits Trainer Certificate.

How much time do I need to prepare in advance? Like any program, things go more smoothly if you prep in advance of your course! We encourage trainers to read through the trainer materials carefully and print out any worksheets and handouts ahead of class. There is a *You Will Need* section at the start of each class for easy reference to all items needed.

How many classes are in my TBH Toolkit? Each TBH course has a different number of classes. The classes are designed to be "evergreen," and offer workouts that can be repeated across your calendar with a different experience each time you offer them.

How long is a typical class? The classes are designed to be delivered in about 1 hour. However, the TBH courses use a "building block" design, allowing you to take sections of each class to create shorter time lengths for "express" classes, to tie sections of the class to other offerings (such as the end of a fitness class), or to adjust the content if the students in a particular group may need more time with the material.

What's the best class size? The ideal class size is 5-15 students, depending on your circumstances. You can also run your courses using a virtual delivery platform. TBH FLEX and TBH CARE programs for those facing memory loss can be hosted in groups of 2-3 or one-to-one.

Are the TBH Toolkits classes social? Indeed! Our Social-Based Brain Training (SBBT) approach is unique in boosting cognitive skills while offering solutions for isolation and loneliness. We hope you'll have fun with the classes and encourage everyone to join in!

Should I read the script aloud to my class? We have found that the TBH courses are best received when the trainer uses their own "voice." The classes are expressly designed to help you feel prepared, comfortable and develop your own way of teaching the material.

Can I teach the TBH Toolkit programs virtually or in the hallways? Yes, the TBH Toolkit programs can be easily adapted for virtual group delivery (like Zoom or Microsoft Teams) or for delivery in the hallways. The class materials will have more information on facilitating classes in these ways.

What else can I expect from the TBH Toolkits? Folks love our TBH courses! You will get high energy classes that engage and delight your residents. In the words of a TBH Trainer, *"Our residents LOVE this program!"*

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