



Copenhagen municipality sees potential in Brain+' CST-Therapist Companion to deliver Cognitive Stimulation Therapy (CST) in the municipality's nursing homes

Copenhagen, Denmark, October 11, 2023 - Brain+ A/S (Nasdaq First North: BRAINP)

- Copenhagen is also one of the Danish municipalities with the most extensive experience with CST as a treatment offer for people with dementia
- Stakeholders from Copenhagen municipality have given input to the development of CST-Therapist Companion, and the product has now been through an extensive technology review with the municipality's IT department to verify that the product lives up to their high security and quality standards
- Copenhagen is the largest municipality in Denmark and has about 7,000-7,500 people living with dementia, corresponding to about 12% of the Danish total of 90.000 people with dementia

Copenhagen, the largest municipality in Denmark, has worked extensively with Cognitive Stimulation Therapy (CST) for several years as a non-pharmaceutical therapy offering to people living with dementia. Key stakeholders from the municipality have participated in co-development workshops for Brain+' CST-Therapist Companion, which facilitates digitally supported delivery of CST. Copenhagen is also one of the most advanced municipalities in terms of early adoption of digital health tools and is also providing value by collaborating on piloting solutions and the generation of evidence for their use. Their approach is a win-win for the municipality and the provider of digital health solutions.

Fie Brusgaard Brandt, Projektleder, Afdeling for Fællesskaber, Copenhagen municipality: *"We have extensive experience with Cognitive Stimulation Therapy at our Center for Dementia, and here the expectation is that CST-Assistenten (Danish name for CST-Therapist Companion) can strengthen the method at group level and contribute to delaying a too rapid progression in the citizens' dementia diseases as well as support their ability to function in everyday life. At the same time, we expect that CST-Assistenten can support targeted and meaningful training that stimulates various skills and interests in the residents. In the nursing homes, we would like to investigate whether the CST sessions can create increased stimulation in relation to thinking, concentration, memory, language in nursing home residents with mild and moderate dementia with a view to increasing well-being and quality of life in everyday life. We are curious as to whether the digital solution can be a supplement to existing social*

pedagogic measures both in smaller group settings and on a 1:1 basis with citizens with advanced dementia.”

Brain+ has been through an extensive technology review with the Copenhagen municipality to verify that CST-Therapist Companion lives up to the high security and quality standards of the municipality, which has the most respected IT department among the country's 98 municipalities.

Contact Information

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Mission: Bringing effective digitally-delivered dementia therapies to those in need, serving a million people with dementia, care-givers and clinicians by 2030