

Memory and Aging Program

An Education and
Workshop series



The Memory and Aging Program is aimed at people of retirement age or older who are interested in learning about memory changes that normally occur with age, and strategies to improve their everyday memory performance.

Baycrest

The Memory and Aging Program consists of five weekly two-hour sessions, and addresses questions such as:

- What kinds of memory changes should I expect as I grow older?
- Which changes are normal and which ones are not?
- If I forget, is something wrong with my brain?
- Can I improve my memory?

Applying Best Practices
to Patient Care

At Baycrest, our leading practice consists of providing theoretically-grounded evidence-based memory intervention across the spectrum of cognitive ability in seniors.

Meet the Expert

Dr. Angela Troyer, Clinical Neuropsychologist and Program Director for Neuropsychology and Cognitive Health. Dr. Troyer's clinical work and research focus on the relationship between the brain and age-related changes in memory and other thinking abilities.



The Memory and Aging Program

Topics covered include:

- Changes in memory that normally occur with age
- The effect of medical and lifestyle factors on memory
- The effect of stress and relaxation on memory
- How to minimize age-related changes
- Strategies for improving memory functioning

Outcomes: Informal and formal evaluations have found that by the end of the program, participants more than double their relevant knowledge base, 70% make healthy lifestyle changes, and 93% indicate that they would recommend the program to their peers. In addition, about half of these healthy individuals report they are less likely to pursue medical assessment of their memory. Evaluations have been published in peer-reviewed journals and presented at professional conferences.

Getting Started in Your Organization What We Provide:

Program materials for Baycrest's Memory and Aging Program are being offered to health professionals to educate older adults in their communities about normal age related memory loss. Baycrest provides training, a detailed leader's manual, presentation slides and a handbook for program participants.



For further information please contact Baycrest Centre for Brain Fitness
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