

Box 7.5. A list of memory programs for people with MCI.

[from Anderson, N.A., Murphy, K.J., & Troyer, A.K. (2012) *Living with Mild Cognitive Impairment: A Guide to Maximizing Brain Health and Reducing Risk of Dementia*. Oxford University Press: New York pp.152-153]

#	Location	Description	Contact
1	Toronto, Ontario, Canada Same program offered in: London, Ontario, Canada and in Hong Kong	8-session group format Topics: cognition, factors affecting memory Practice: memory strategies For: people with MCI + partner <i>Healthcare professionals can learn how to administer this program by contacting:</i> Dr. Kelly Murphy kmurphy@baycrest.org 1.416.785.2500 ext. 2445	Dr. Kelly Murphy kmurphy@baycrest.org 1-416-785-2500 ext. 2445 Dr. Jennifer Fogarty Jennifer.Fogarty@sjhc.london.on.ca 1-519-685-4000, ext. 42557 Ms. Flora Leung leunglt@ha.org.hk
2	Munich, Germany	20-week group format Topics: cognition, topics of interest (for example, music, food) Practice: memory strategies For: people with MCI	Dr. Katherina Buerger katharina.buerger@med.uni-muenchen.de
3	Rochester, Minnesota, USA	10-day group format Topics: memory supports, emotion, wellness, exercise Consultations: physicians For: people with MCI+partner	Dr. Glenn Smith 1-507-266-5100
4	Montreal, Quebec, Canada Same program offered in: Quebec City, Quebec, Canada	8-week group format Topics: cognition Practice: memory strategies Training: speed, visual imagery, executive control For: people with MCI <i>Healthcare professionals can learn how to administer this program by contacting Dr. Sylvie Belleville,</i> sylvie.belleville@umontreal.ca 1-514-340-3540 ext. 4767	Dr. Bridget Gilbert brigitte.gilbert.iugm@sss.gouv.qc.ca 1-514-340-2800 ext. 4108 Dr. Marie-Claude Bédard mclaudebedard@hotmail.com or Dr. Carol Hudon Carol.Hudon@psy.ulaval.ca
5	Montreal, Quebec, Canada	4-week group format followed by individual sessions as needed Topics: Cognition, factors affecting memory Practice: Memory strategies, relaxation For: People with MCI	Dr. Nora Kelner nora.kelner@gmail.com or Dr. Lennie Babins psych104@hotmail.com
6	Hong Kong	8-session group format	Ms. Flora Leung leunglt@ha.org.hk