

Program materials information sheet

About the program

Learning the Ropes for Living with MCI™ is aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close relative (family / friend). The focus is on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support. The immediate program goals are to improve healthy lifestyle behaviours in all participants, memory strategy knowledge and use in participants with MCI, and adaptive coping skills in close family. The overarching long term goals are to prevent or delay the onset of clinical dementia in persons with MCI and to prevent or minimize health declines in their close relative. The content of this evidence-based program is crafted to meet the specific needs of people living with MCI. The program format includes formal instruction, interactive discussion, and participation in training exercises both in-class and at home.

About the materials

The **Learning the Ropes for Living with MCI™ kit** contains everything a qualified facilitator needs to deliver the program, including a facilitator manual, a supplementary facilitator manual (family sessions), and 16 participant workbooks. Additional participant workbooks can be separately ordered by purchasers of the kit. One copy of the participant workbook is required for each participant in Learning the Ropes, this includes any participating family members.

Facilitator Manual

The facilitator manual includes detailed process and background information, session-by-session content, and instructions for evaluating immediate program outcomes.

Supplementary Facilitator Manual

The supplementary facilitator manual is for the separately run family intervention sessions. The manual contains detailed process and background information and session-by-session content focused on the needs of family members.

Participant workbooks

Participant workbooks include information about MCI, the influence of lifestyle factors (e.g., eating habits and recreation) on memory health, detailed instruction on practical memory strategies and their application, in-class exercises, and take-home exercises designed to improve everyday memory behaviours and promote positive lifestyle choices.

Kits are available to licensed health care providers. The complete kit costs \$600, plus shipping and handling. Additional participant workbooks are available at a cost of \$20, plus shipping and handling. Quantity discounts are available. See order form on opposite page. Please visit learningtheropesformci.com for future updates.