

Memory and Aging Program™ Referral Form

Fax to: 416-785-4235

Please note: This program is for people who are interested in learning about memory changes that normally occur with age and strategies to improve their everyday memory performance. The program is not intended for individuals who have been diagnosed with mild cognitive impairment, Alzheimer's disease, or any other condition with a significant impact on memory.

For more information, please contact:

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3560 Bathurst St., Toronto, ON, M6A 2E1
Telephone: (416) 785-2500 ext. 2686

Client Information

Name: _____
Date of birth: _____
Address: _____

Telephone number: _____

Referral Source Information

Name: _____
Title/position: _____
Organization/agency: _____
Telephone number: _____
Fax number: _____

Memory and Aging Program™ Information Sheet

Description: The Memory and Aging Program™ is an education and intervention program for older adults who are experiencing normal age-related memory changes. Through instructor-led discussions, in-class exercises, and evidence-based strategies, participants gain a better understanding of how memory works and tools to better manage their memory function. This five-week program has been offered at Baycrest Health Sciences since 1997, and over 900 individuals have participated to date.

Program content includes:

- **Education** about different types of memory, memory processes, and how memory normally changes with age.
- **Support** for adopting a memory-healthy lifestyle, including education about factors that affect memory and tools to support positive behaviour change.
- **Memory training** including instruction in practical memory aids and strategies, practice using the strategies, and discussion.

Eligibility: The program was developed for those who are experiencing normal age-related changes in memory. Anyone interested in learning about memory and strategies to support their memory is welcome to enroll. The program is not intended for individuals who have been diagnosed with mild cognitive impairment, Alzheimer's disease, or any other condition with a significant impact on memory.

Program Fee: \$140 including a participant handbook. Private health insurance plans may cover this cost. The program does not turn away anyone who is unable to pay the program fee.

Program format: Two-hour sessions running one-per-week across 5 weeks.

How to enroll: Physician referral is optional. Individuals who are referred by a health care professional will be contacted by telephone to offer enrollment. Interested individuals can enroll themselves by contacting Neuropsychology and Cognitive Health at 416-785-2500 extension 2445.