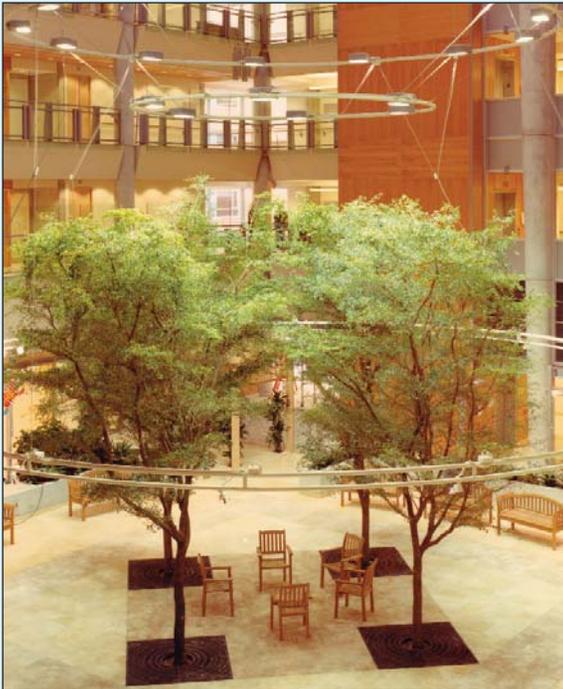


Learning the Ropes is facilitated by:

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Renee Climans, M.S.W., R.S.W., Social worker, Neuropsychology & Cognitive Health, Baycrest.

Dr. Gillian Rowe, Ph.D., C.Psych. (supervised practice), Neuropsychologist, Neuropsychology & Cognitive Health, Baycrest.



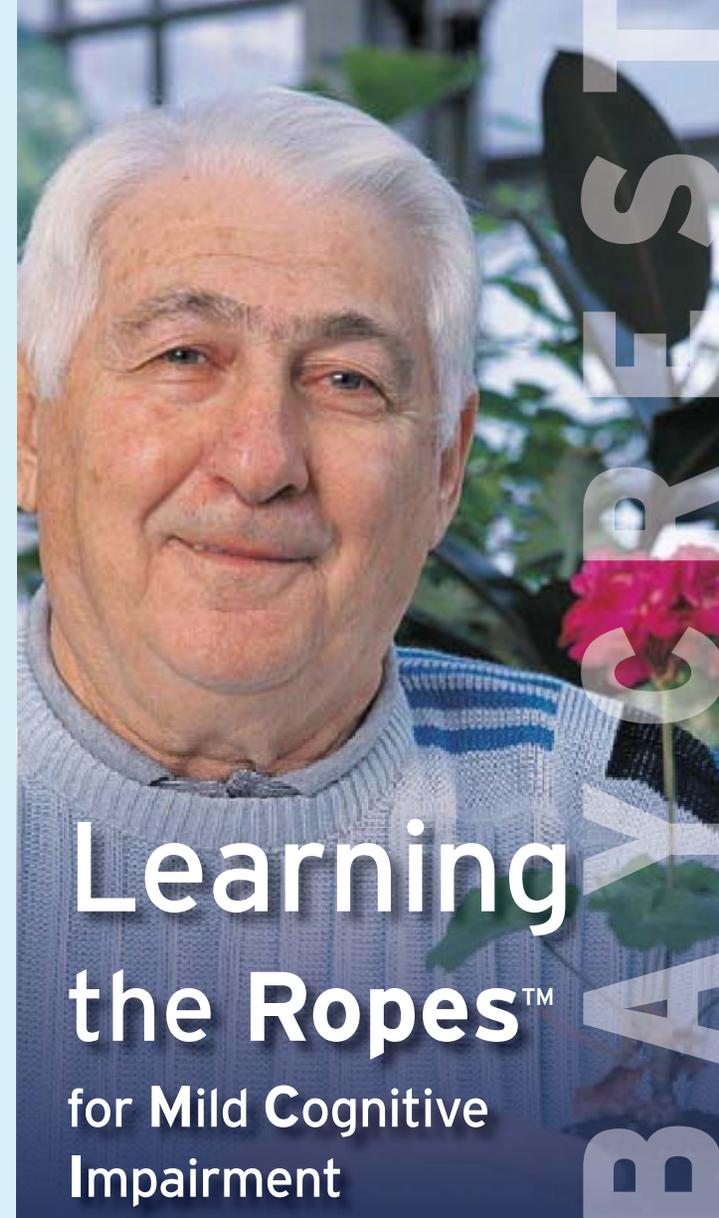
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Baycrest is an academic
centre fully affiliated with
the University of Toronto



Learning the Ropes™ for Mild Cognitive Impairment

Memory Training and Support
to Optimize Cognitive Health

Baycrest
Innovations in aging

What is Mild Cognitive Impairment (MCI)?

- MCI refers to cognitive decline, commonly involving memory, that is greater than expected for age but does not significantly reduce independence in carrying out daily activities.
- MCI represents risk of future dementia. The overarching goal of Learning the Ropes is to influence this risk by delaying or perhaps even preventing dementia.

Learning the Ropes is aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close family member/friend. The focus is on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support.

Format: Learning the Ropes includes 6 weekly sessions and a follow-up session at 1 and at 3 months. Each session is 2 hours in length.



Learning the Ropes

Topics covered include

- **MCI:** What is it? How does it differ from normal aging and dementia?
- **Memory training:** Practical in-session and take home exercises aimed at improving everyday remembering, such as memory for names, appointments, location of items, and things to do.
- **Lifestyle choices:** How stress, diet, and leisure activities influence memory ability.
- **Family support:** Discovering approaches for effectively living with a relative experiencing MCI.

Outcomes

- Informal and formal evaluations demonstrate improved knowledge and use of practical memory strategies in program participants. These results have been replicated at another health care centre in London, Ontario.
- MCI participants report improved functional memory and increased confidence in coping with their memory decline.
- Family members report reduced worry and improved ability to deal with problems arising from living with a relative who has MCI.
- These evaluations have been published in peer-reviewed journals and presented at professional conferences.

How to Access this Service

You will need a physician referral to Neuropsychology and Cognitive Health at Baycrest. A brief cognitive assessment will be conducted to determine whether Learning the Ropes is for you.

Referral forms can be downloaded from www.learningtheropesformci.com

For information please contact: Neuropsychology and Cognitive Health at 416-785-2500 ext. 2445



Fees: \$150 program fee. Includes participant workbook. Family members attend for free. The program does not turn away anyone who is unable to pay the program fee.

Applying Best Practices: At Baycrest, our leading practice consists of providing theoretically grounded evidence-based behavioural interventions across the spectrum of cognitive ability in seniors.