

Box 22.1. A List of Memory Programs for People with MCI

1. **Learning the Ropes for Living with MCI, Toronto, Ontario, Canada.** *Format:* 8-week group program. *Topics:* cognition, lifestyle factors affecting memory. *Practice:* memory strategies. *For:* people with MCI and a partner. *Contact:* ltr@baycrest.org or +1 416-785-2500 ext. 2445. Health care professionals can learn how to administer this program by contacting ltr@baycrest.org or visiting www.baycrest.org/ltr.

This program is also offered in:

Toronto Rehabilitation Institute, University Health Network, Toronto, Ontario, Canada. *Contact:* +1 416-597-3422 x3065.

Clinton, Ontario, Canada. *Contact:* admin@alzheimershuron.on.ca or +1 519-482-1482

London, Ontario, Canada. *Contact:* Carolyn Underwood for information at cunderwood@alzheimerylondon.ca or the Intake Coordinator for registration at intake@alzheimerylondon.ca

St. Joseph's Healthcare (including Halton site), Hamilton, Ontario, Canada. *Contact:* Dr. Christina Gojmerac at +1 905-522-1155 ext. 39656

Durham Region, Whitby (and surrounding regions), Ontario, Canada. *Contact:* Alzheimer Society of Durham Region Intake Coordinator at intake@alzheimerduram.com or +1 905-576-2567 ext. 5233

Grey County and Bruce County, Ontario, Canada. *Contact:* Alzheimer Society Grey Bruce at info@alzheimergreybruce.com or +1 519-376-7230

Balance: Psychology & Brain Health, Calgary, Alberta, Canada. *Contact:* info@balancebrainhealth.com or +1 403-764-0771

2. **MEMO, Montreal, Quebec, Canada.** *Format:* 6- to 10-week group program. *Topics:* cognition. *Practice:* memory strategies. *Training:* speed, visual imagery, attention control. *For:* people with MCI. *Contact:* Dr. Brigitte Gilbert and Dr. Sylvie Belleville. b.gilbert.neuropsychologue@gmail.com, sylvie.belleville@umontreal.ca, or +1 514-340-3540. Psychologists can learn how to administer this program by contacting Dr. Brigitte Gilbert.

This program is also offered in:

Montreal, Quebec, Canada. *Contact:* Dr. Christine Ouellet. christineouellet.iusmm@ssss.gouv.ca or +1 514-251-0066 ext. 5229

Quebec City, Quebec, Canada. *Contact:* Dr. Marie-Claude Bédard at mclaudbedard@hotmail.com or Dr. Carol Hudon carol.hudon@psy.ulaval.ca

Sherbrooke, Quebec, Canada. *Contact:* Dr. Hélène Imbeault at jimbeault@csss-iugs@ssss.gouv.qc.ca or +1 819-780-2222

Lausanne, Switzerland. *Contact:* Dr. Mélanie Bieler-Aeschlimann at melanie.bieler@chuv.ch

Brasília, Brazil. *Contact:* Dr. Isabelle Chariglione at ichariglione@gmail.com or ichariglione@unb.br

3. **Memory Partners Group, Winnipeg, Manitoba, Canada.** *Format:* 8-week group program. *Topics:* cognition, lifestyle factors affecting memory. *Practice:* memory strategies. *For:* people with MCI and a partner. *Contact:* Dr. Lesley Koven or Dr. Colleen Milliken at +1 204-237-2979.
4. **Habit, Mayo Clinic, USA.** *Format:* 10-day group program. *Topics:* memory supports, yoga, lifestyle factors affecting memory, support group. *Training:* cognitive exercises. *For:* people with MCI and a partner. *Contact:* HABITProgram@mayo.edu. Neuropsychologists can learn how to administer this program via the contact email address.

This program is offered in:

Scottsdale, Arizona, USA. *Contact:* HABITProgram@mayo.edu

La Crosse, Wisconsin, USA. *Contact:* HABITProgram@mayo.edu

Jacksonville, Florida, USA. *Contact:* HABITProgram@mayo.edu

Wallingford, Connecticut, USA. *Contact:* Dr. Jonathan Woodhouse at jwoodhouse@gaylord.org or +1 203-741-3413

5. **CogFit Skills Group, Philadelphia, Pennsylvania, USA.** *Format:* An 8-week group program. *Topics:* memory supports, lifestyle factors affecting memory. *For:* people with MCI. *Contact:* Dr. Dawn Mechanic-Hamilton at +1 215-662-4516.
6. **Emory University Cognitive Empowerment Program, in partnership with Georgia Tech University, Atlanta, Georgia, USA.** *Format:* A year-long group program. *Topics:* memory and coping strategies, physical activity, functional independence, nutrition, technology solutions. *Training:* calendar training, goal setting, technology. *For:* people with MCI and their partners. **Note:* members must agree to be research participants. *Contact:* empowerment@emory.edu or +1 404-661-2918.
7. **LaTCH Memory Group Program, Hawthorn, Victoria, Australia.** *Format:* A 6-week group program. *Topics:* cognition and memory strategies, lifestyle factors affecting memory, coping strategies. *For:* people with MCI and a partner, healthy older adults. *Contact:* Jenny Philipp at vic.admin@dementia.org.au or at 3-9815-7800.

This program is also offered in:

Ballarat, Victoria, Australia. *Contact:* Dr. Eleanor Hammersley at 3-5320-3700

Caufield, Victoria, Australia. *Contact:* Elizabeth Rand at 3-9076-6000

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