



Learning the Ropes is facilitated by:

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Neuropsychologist, Neuropsychology  
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### 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.



LEARNING

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*THE*  
**Ropes**  
FOR LIVING WITH MCI\*

[www.baycrest.org](http://www.baycrest.org)

**Memory Training & Support  
to Optimize Cognitive Health**

Baycrest Health Sciences  
is fully affiliated with  
the University of Toronto



**Baycrest**

# 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 for Living with MCI®

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 month (and optional 3 months). Each session is 2 hours in length.

### 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](http://www.learningtheropesformci.com)

### For information please contact:

Neuropsychology & Cognitive Health  
at 416.785.2500 x2445

### Costs: \$150 Program Fee

This includes a participant workbook.  
Family members attend for free.

The program does not turn away anyone who is unable to pay the program fee.

## 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.