

Learning the Ropes is facilitated by:

The Hanover Family Health Team.

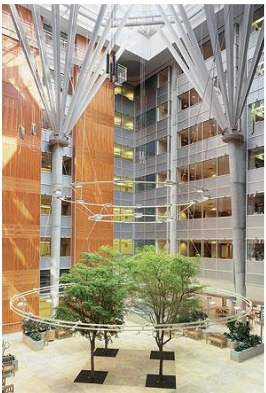
Our Occupational Therapist and Registered Nurse lead the 6 week program.

We are excited to offer in partnership with Baycrest and as a complement to our Memory Clinic this innovative memory training program.

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

Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds



Hanover

Family Health Team

All HFHT programs and services are free.



Follow us on Facebook

www.facebook.com/hanoverfht

Visit Our Website

www.hanoverfht.ca

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 goal of **Learning the Ropes** is to delay or perhaps even preventing dementia.

Learning the Ropes is aimed at older adults in our community experiencing Mild Cognitive Impairment (MCI) and their spouse or 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 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.

Reported Outcomes

- Program participants report improved functional memory and increased confidence in coping with their memory decline.
- Spouses 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

- Your Memory Clinic physician has recommended this program for you.
- This program and all related material are **free of charge** for both you and a close family member/friend.



REGISTRATION:
Please call the
Hanover Family Health Team
519-506-4348