

Cape Cod Institute: (Friday)

Positive Aging for Memory Maintenance in
Your Later Years

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Class Outline

- Monday**

- Aging in the 21st century*
- Positive aging*
- Positive aging characteristics*

- Tuesday**

- Memory and how it works*
- How aging impacts memory*
- Age associated memory loss versus disease*

- Wednesday**

- Memory assessment*
- Assessment guided intervention*

- Thursday**

- Learning positive aging memory strategies*
- Practicing positive aging memory strategies*
- Applying positive aging memory strategies*

- Friday**

- A positive aging memory maintenance workshop guide*
 - Applying positive aging for life long memory care*
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Memory Workshop Formats

- Coaching

- Addressing memory concerns expressed by an older client

- Tutorial

- Support for a couple who want to take college courses but they have memory concerns

- Seminar

- Instruction to a group of older adults who desire to optimize memory function
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Positive Aging Memory Workshop

Instructional Principles

Listen to issues

Design exercises

Encourage practice

Measure improvement

Build confidence

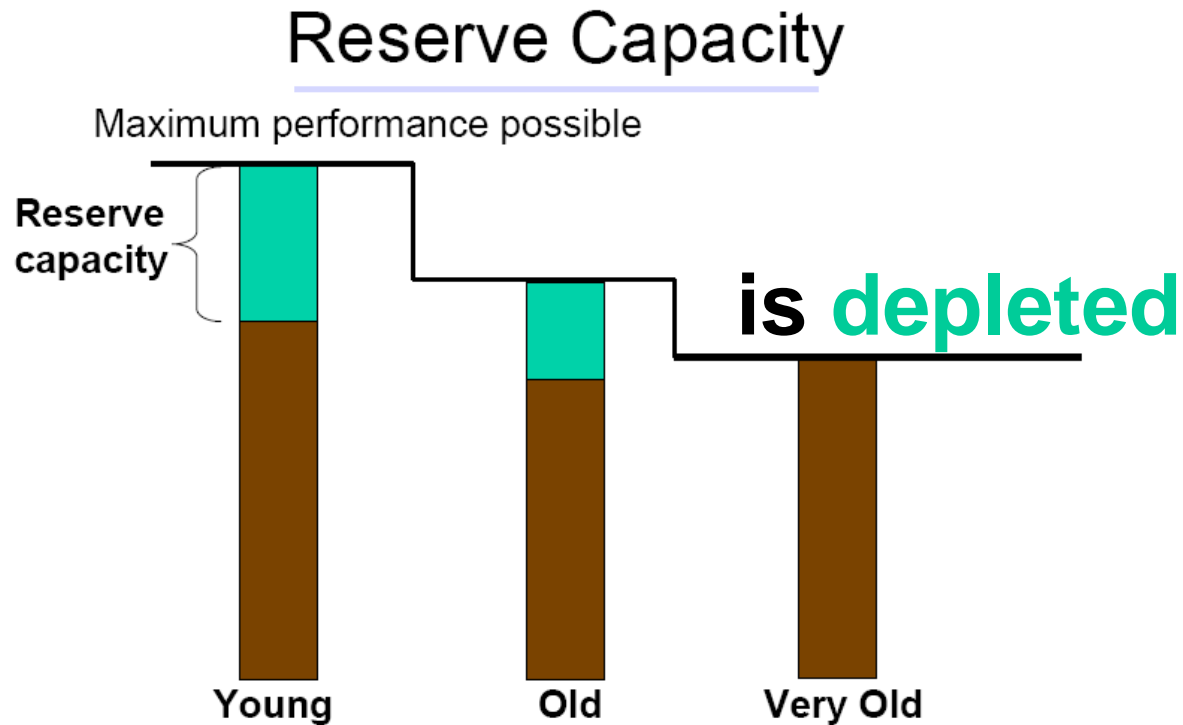
Listen to Issues

- Understand client concern
 - Reframe concern
 - Learn how client addresses concern
 - Provide skills to augment client strategies
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Case Example

- Client:
 - I can no longer retain what I read.
 - Counselor:
 - Is this for everything you read? (reframe)
 - Client:
 - Not everything. I can remember the gist of the newspaper, but I can't remember the narrative of a novel I've just read.
 - Counselor:
 - What strategies have you tried to help you remember what you read in a novel? (learn client strategies)
 - Client:
 - Sometimes what I read is not that important, so I don't worry about it. (selectivity)
 - Counselor:
 - What do you do when you feel it is important to remember material from a novel? (probe deeper for skills)
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When Reserve Capacity Declines Age Strategies are Needed



Devise Exercises

- ❑ Selectivity
 - Decide what is *important to remember*.
 - ❑ Optimization
 - Organize and practice *memory routines*.
 - ❑ Compensation
 - Learn *alternative techniques* to offset loss.
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A Memory Exercise

- Use **SOC**
and/or
 - A **Mnemonic**
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Measure Improvement

- Demonstrate learning
 - Encourage practice
 - Discover improvement
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Build Confidence

- **Principle #1:** You already possess skills to address problems
 - **Principle #2:** You can learn strategies to augment your skill set
 - **Principle #3:** Combining strategies with existing skills can improve your daily life
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Design a Memory Workshop

Five positive aging components

- ❑ Format for issues
 - ❑ Design exercises
 - ❑ Practice strategies
 - ❑ Improvement measures
 - ❑ Confidence building
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A Life-Long Memory Care Plan

- What are the issues?
 - What skill set do I need?
 - How much effort to master skill set?
 - How do I address memory concerns?
 - Reframe
 - Compensate
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Summary

- **Memory workshop format**
- **Instructional principles**
 - Listen to issues
 - Design exercises
 - Encourage practice
 - Measure improvement
 - Build confidence
- **A life long memory care plan**

