

# Cape Cod Institute

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A Positive Aging Approach to Memory Maintenance in Your Later Years

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## ■ Monday

- Human Aging in the 21<sup>st</sup> Century: An overview*
- An Introduction to **Positive Aging***
- Reserve Capacity: What it is and How to Access It*
  - SOC (Selectivity, Optimization, Compensation)
- Positive Aging** Characteristics and SOC*

## ■ Tuesday

- Understanding Your Memory and How it Works*
- How the Aging Process Impacts Memory*
- Memory Function in Normal Aging and in Disease*

## ■ Wednesday

- Testing Your Own Memory*
- Everyday Memory Assessment: A Strengths and Weaknesses Paradigm*
- Extending Memory Assessment to Memory Intervention*

## ■ Thursday

- A **Positive Aging** for Memory Maintenance Training Curriculum*
- Practicing **Positive Aging** Memory Maintenance Skills*
- Positive Aging** for Memory Deficits in Diseases of Aging*

## ■ Friday

- Positive Aging** Memory Maintenance for Your Clientele*
- A **Positive Aging** Philosophy for Life-Long Memory Well-Being*