



The Memory and Aging Program was developed by Dr. Angela Troyer, Program Director of Neuropsychology and Cognitive Health, and Professional Practice Chief of Psychology at Baycrest, in collaboration with a team of psychologists and scientists at Baycrest.

The Memory and Aging Program team is led by Dr. Susan Vandermorris, Clinical Neuropsychologist. Program team members are actively involved in clinical teaching and scientific research to better understand memory changes in aging and develop innovative, evidence-based interventions to optimize brain health.



Memory aging[®] PROGRAM

For information please contact:
Neuropsychology and Cognitive
Health at 416-785-2500 ext. 2445

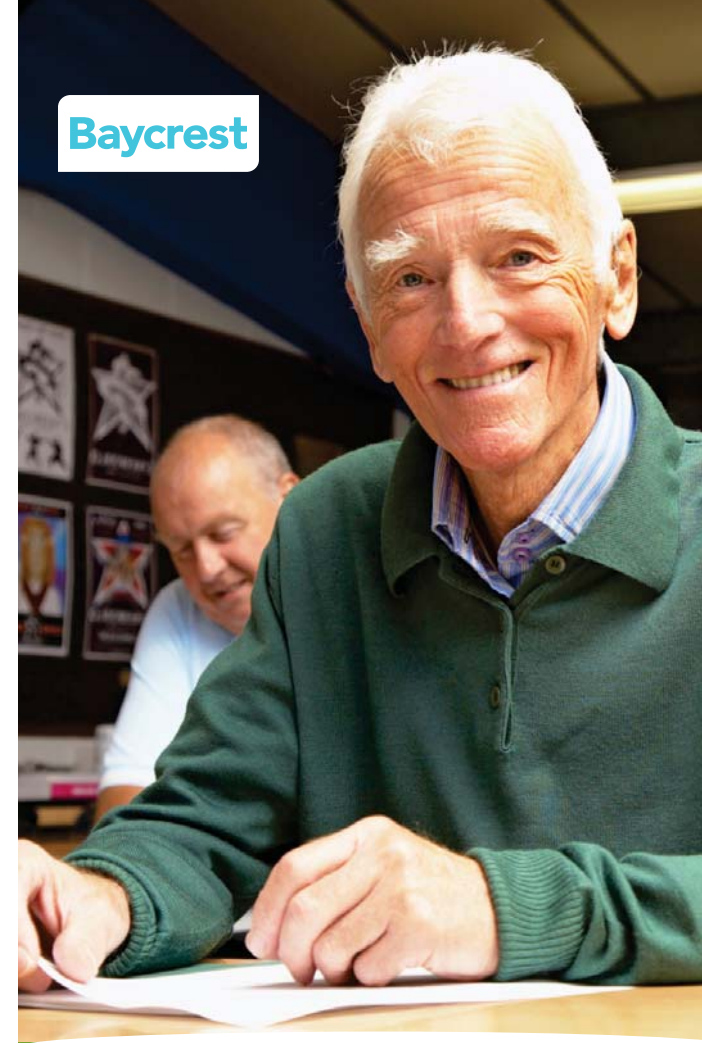
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Memory AND AGING program

A Brain Health Workshop

BAYCREST



Some degree of memory change is a normal part of aging. The good news is that research shows there are many effective strategies and skills you can learn in order to help you remember the things that are important to you.

The goals of the Memory and Aging Program are to help you:

- Understand what memory is, how it changes with age, and factors that can impact memory for the better or for the worse.
- Identify and implement changes in your lifestyle to improve your memory.
- Learn and practice memory strategies to improve your ability to remember everyday things such as names, locations of items, and things you intend to do.
- Build confidence in your own memory ability.

Frequently asked questions:

Who is the program for?

The program was developed for those who are experiencing normal age-related changes in memory, or who are interested in learning more about this topic. Adults of all ages are welcome, although the focus is on seniors.

When is it held?

The complete series consists of five weekly two-hour sessions, and is offered four times each year. For the current schedule, please call Neuropsychology and Cognitive Health or visit www.baycrest.org/memory.

Where is it held?

The program is held in Neuropsychology and Cognitive Health at Baycrest, 3560 Bathurst Street, Toronto, Ontario.

How much will it cost?

There is a fee of \$140. This includes a program workbook. Private health insurance plans may cover this cost. The program does not turn away anyone who is unable to pay the program fee.

How do I register?

Call Neuropsychology and Cognitive Health. Enrolment is limited, and registration for each series is accepted on a first-come first-served basis.

If requested, the program can also be held in other locations in the greater Toronto area, such as in community centres or retirement homes.

Please call if you would like to register or if you require further information.



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