



Applying Best Practices

We aim to provide care that welcomes and supports everyone. Please contact our team if you have any questions, concerns, or require any accommodations to participate in our services.



LEARNING

THE *Ropes*

FOR LIVING WITH MCI*

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

Baycrest

A memory program developed
and tested at Baycrest
www.baycrest.org

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 help reduce or delay risk of future 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

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.
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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.
- Participants with MCI 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.