



BrainHealthCatalyst.com

The Memory Workshop
(Summary excerpts for viewing
purposes only)
The changing brain

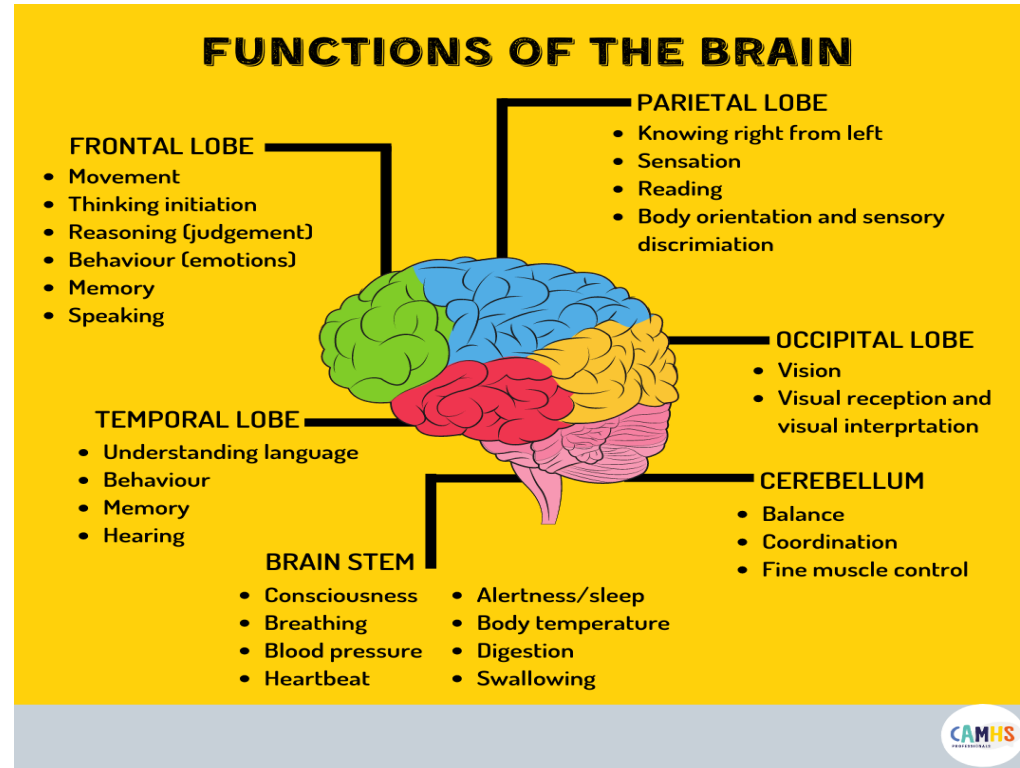
Presented by: Jennifer Mallamo, B. Kin
Brain Health Catalyst

Wednesday September 18, 2024
9:00 – 2:00 pm
Okotoks Seniors Club

Learning outcomes

- Memory and the brain
- Strategies for better brain health and memory
- Memory loss and dementia
- Strategies for engaging with those impacted by dementia

Functions of the brain



Factors Affecting Memory

- Medical disorders and diseases
- Nutrition and Digestion
- Physical exercise
- Detoxification
- Stress and relaxation/Sleep
- Cognitive engagement

What is changing in the aging brain?

- Five senses (sight, hearing, smell, taste, touch)
 - Visual abilities
 - Auditory processing (but not necessarily hearing)
 - Smell
 - Taste
 - Sensation/movement



Brain Changes and Dementia



Copy link

Google: Teepa Snow – The Changing Brain Video



MORE VIDEOS



0:00 / 13:35



YouTube



How might you know if someone has dementia?

- Problems with memory
- Difficulty with familiar tasks
- Disorientation of time or place
- Unable to find the right words
- Problems with abstract thinking
- Challenges following conversations
- Poor judgement

Your approach

- Hand Under Hand



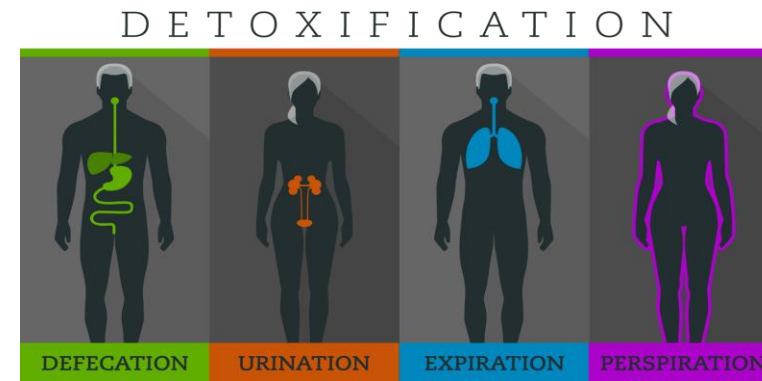
Your approach

- Use a consistent positive physical approach
 - Pause at the edge of public space
 - Gesture and greet by name
 - Offer your hand and make eye contact
 - Approach slowly within visual range
 - Shake hands and maintain hand-under-hand
 - Move to the side
 - Get to eye level and respect personal space
 - Wait for acknowledgement

Dementia risk reduction tips (Lifestyle)



BEWARE:
LACK of
SLEEP Can
SHRINK Your
BRAIN



Upcoming Opportunities

- Brain Boost Course
- Monthly Memory Cafes – Okotoks & DV
- Longview Brain Health Speaker Series
- Journey's Caregiver Support Group
- Dementia Caregiver Support Group DV
- Age Friendly Speaker Series



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A healthy lifestyle is associated with slower memory decline,
even in the presence of the Alzheimer's gene.*
Armed with knowledge, a healthy lifestyle is within YOUR control.

Brain Boost
Supercharge your brain

Resources Available

- Dementia Network Conversation Cafés
- AHS Home Care & AHS Adult Day Support Program
- Caregivers Alberta (caregiversalberta.ca)
- Caregiver-Centered Care (U of A – caregivercare.ca)
- Okotoks Public Library Memory Kits
- Healthlink Dementia Advice – 811
- BrainHealthCatalyst.com
- Baycrest Health (Memory and Aging Program) baycrestfoundation.org
- Alzheimer Society of Calgary - www.alzheimercalgary.ca