

Boost Your Brain & Memory Program

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Aging and Disability Resource Center

Mather if always
Institute on Aging

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Mather Institute Intro

Mather Institute: Based out of Evanston Illinois
Distribute Boost Your Brain & Memory Program
Website: <https://www.matherinstitute.com/>

PROMOTING WAYS TO AGE WELL

BY SHARING RESEARCH, TRENDS, AND NEXT PRACTICES

Mather Institute, an award-winning resource for research and information on senior living and wellness, is pushing the aging services industry forward. Through our development of the Person-Centric Wellness Model, sharing of best practices, and groundbreaking research in collaboration with top universities, Mather Institute advances the industry by informing, innovating, and inspiring those working to serve others.



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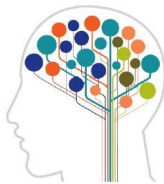


Boost Your Brain & Memory Program

What is the focus of the program?

This program takes a holistic approach to improving brain health and is evidence-based. The program's aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

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Program Basics

8-week program

Meeting once a week for 1-1.5 hours

Group size recommendation is 6-10 participants

Program is adaptable for in-person and virtual meetings

Participants receive a program workbook

Focuses on six areas of brain health- Physical activity, Emotional Health, Intellectual Activity, Nutrition, Spiritual Activity, and Social Engagement

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Program Materials

- Instructors Guide
- Participant Workbook for each participant
- Pens
- Computer, projector or smart TV to show videos
- Room with tables and chairs

or

- Utilizing virtual meeting space (Teams, Zoom, etc.)
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Weekly Session Format

Check in

Review of the previous session content

Video Presentations

Discussion and activity

Memory strategy

Goal setting & recap

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Potential Workshop Locations

- Virtual
 - Health departments
 - Libraries
 - Senior Centers
 - Senior apartments
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Session 1: Introduction

- Basics of what is dementia
 - Review of dementia risk factors
 - Introduces theory of cognitive reserve
 - What is neurogenesis
 - How does the brain work
 - Strengthening neural pathways
 - Activity: Taking Stock
 - Discuss goal setting
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Session 2: Physical Activity

- Benefits of physical activity to brain health
 - Learn about vascular health and vascular dementia
 - White Dots
 - Types of physical activity
 - The FITT principle
 - Activity: Physical Activity
 - Discussion
 - Memory Strategy: Improving memory by improving attention
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Session 3: Emotional Health

- Effects of stress on the brain
 - Relaxation response and how to activate it
 - Stress hormone Cortisol
 - Activity: Breathing Exercise
 - Ways to combat stress
 - Memory Strategy: Memory Palace Method
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Session:4 Intellectual Activity

- Brain Plasticity & Hebb's Law
- Types of intellectual activities
- The ACTIVE Study
- Benefits of learning something new
- Activity: Mindful Memory
- Memory Strategy: Get Organized

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Session 5: Nutrition

- Benefits of antioxidants
- Oxidative stress
- Benefits of Omega 3s
- Mediterranean diet
- Activity: Cooking Demonstration
- Memory Strategy: Link it

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Session 6: Spiritual Activity

- Link between spirituality and health
- Different types of spiritual activity
- Discuss local programs for meditation classes
- Importance of forgiveness
- Types of mindfulness and meditation practices
- Activity: Gratitude Journal
- Memory Strategy: External Memory Aids

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Session 7: Social Engagement

- Studied through observation studies
- Social isolation increases stress
- Keeps us happy, lower stress, improves mood
- Social activity activates many parts of the brain
- Activity: Getting to Know Each Other Better
- Memory Strategy: Rehearsal

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Session 8: Summary

- Review of brain health fundamentals
- Review of program topics
- How to keep up behavior change and work through setbacks
- Activity: An Exercise in Compassion

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Program Data/Feedback

Dane County

Started in 2022

8 total workshops

162 total participants

Overall rating of the workshop- Very valuable/valuable = 92%

Recommend this workshop to others = 92%

Improved understanding of brain health and dementia = 100%

Milwaukee County

Started in 2022

20 total workshops

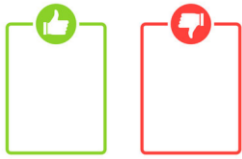
158 total participants

Overall rating for the workshop- Excellent/very good = 95%

Recommend this workshop to others = 98%

Feel they are in better control of their health = 95%

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Boost Your Brain & Memory Program

Pros

- Most requested program
- Easy program to facilitate
- Proactive view to brain health
- Friendships are formed
- Connection to other community resources and programs
- No yearly program fee
- No required data reporting to Mather Institute

Cons

- Some program info is outdated
- No facilitator training provided by Mather
- Weekly sessions can end early if there is limited participation
- No handouts for video content
- Participant workbook has limited information covered in the sessions

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Promoting the Program

- Email blasts
- ADRC website
- ADRC Newsletters
- Social Media
- Local newspapers and journals
- Requesting host site to promote
- Sharing upcoming workshops at outreach events and community presentations/events
- Word-of-mouth, especially from past program participants

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Getting Connected to the Program

To Participate:

- Connect with your local Aging & Disability Resource Center to see the program is being offered in your county

To Become a Facilitator:

- Contact Mather Institute to request to purchase the program
- \$250 donation
- Emailed link to the program kit to download materials

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Other Mather Resources

- [Learning to Age Well | Free Resources from Mather](#)
- Free downloads on more brain health topics
- 7 new brainy bits handout [Layout 1 \(mather.com\)](#)
- 20 brief brainy bits [Layout 1 \(mather.com\)](#)
- Additional virtual classes: [Virtual Programs – Mather](#)
 - Mindfulness and Brain Health
 - Aromatherapy
 - Creative Arts & Art Making
 - Movement & Dance

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