



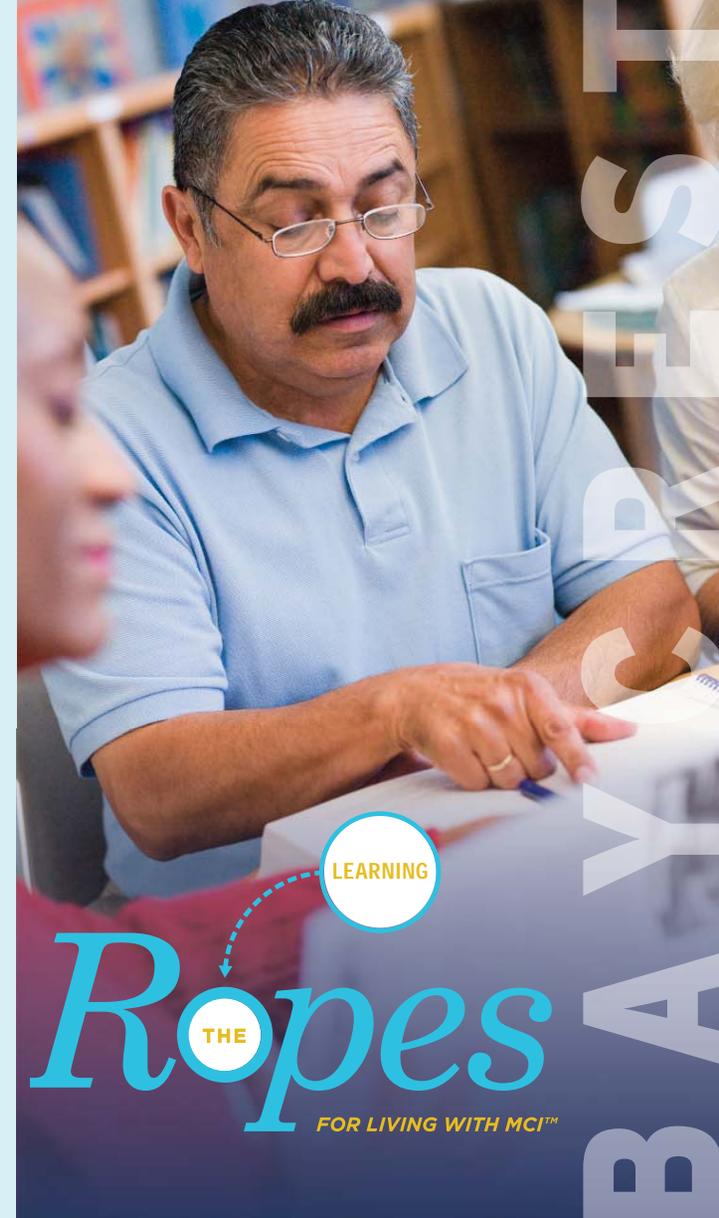
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Baycrest is an academic  
centre fully affiliated with  
the University of Toronto



LEARNING

# THE Ropes

FOR LIVING WITH MCI™

Memory Training and Support  
to Optimize Cognitive Health

**Baycrest**  
Innovations in aging

## 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 influence this risk by delaying or perhaps even preventing dementia.

**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.



## Learning the Ropes

### 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.

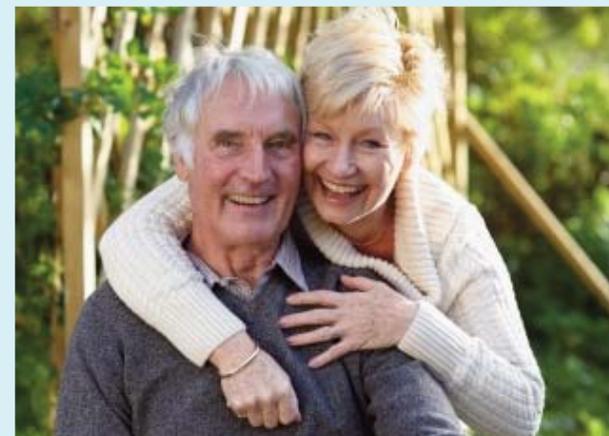
### Outcomes

- 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.
- MCI participants 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.

## How to Access this Service

You will need a physician referral to determine if (or whether?) Learning the Ropes is for you."

**For information please contact:**



**Applying Best Practices:** At Baycrest, our leading practice consists of providing theoretically grounded evidence-based behavioural interventions across the spectrum of cognitive ability in seniors.