

# Keeping Your Brain Healthy

OT STUDENT TEAM

# OBJECTIVES

By the end of today's session, you will be able to....

- Differentiate types of memory and understand how they may be impacted throughout the lifespan
- Understand functional cognition and what maintaining healthy cognition looks like
- Learn lifestyle factors and tips to help maintain or even improve brain function, cognition, and memory

# AGENDA

- Overview of cognition
- Overview of memory, types, changes
- Optimizing Brain Health
- Tips for Compensating

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# **FUNCTIONAL COGNITION**

# Overview of Cognition

Cognition- The mental processes involved in gaining knowledge and comprehension. Cognition plays a big role in human development and the ability to learn and use information.

# Different Types of Cognitive Processes



Attention



Learning



Language



Executive  
functioning



Memory

# Overview of Functional Cognition

## Functional cognition:

The ability to use and integrate thinking and processing skills to complete daily activities.



# Test your memory?



<https://www.youtube.com/watch?v=YUF11xVJR98>







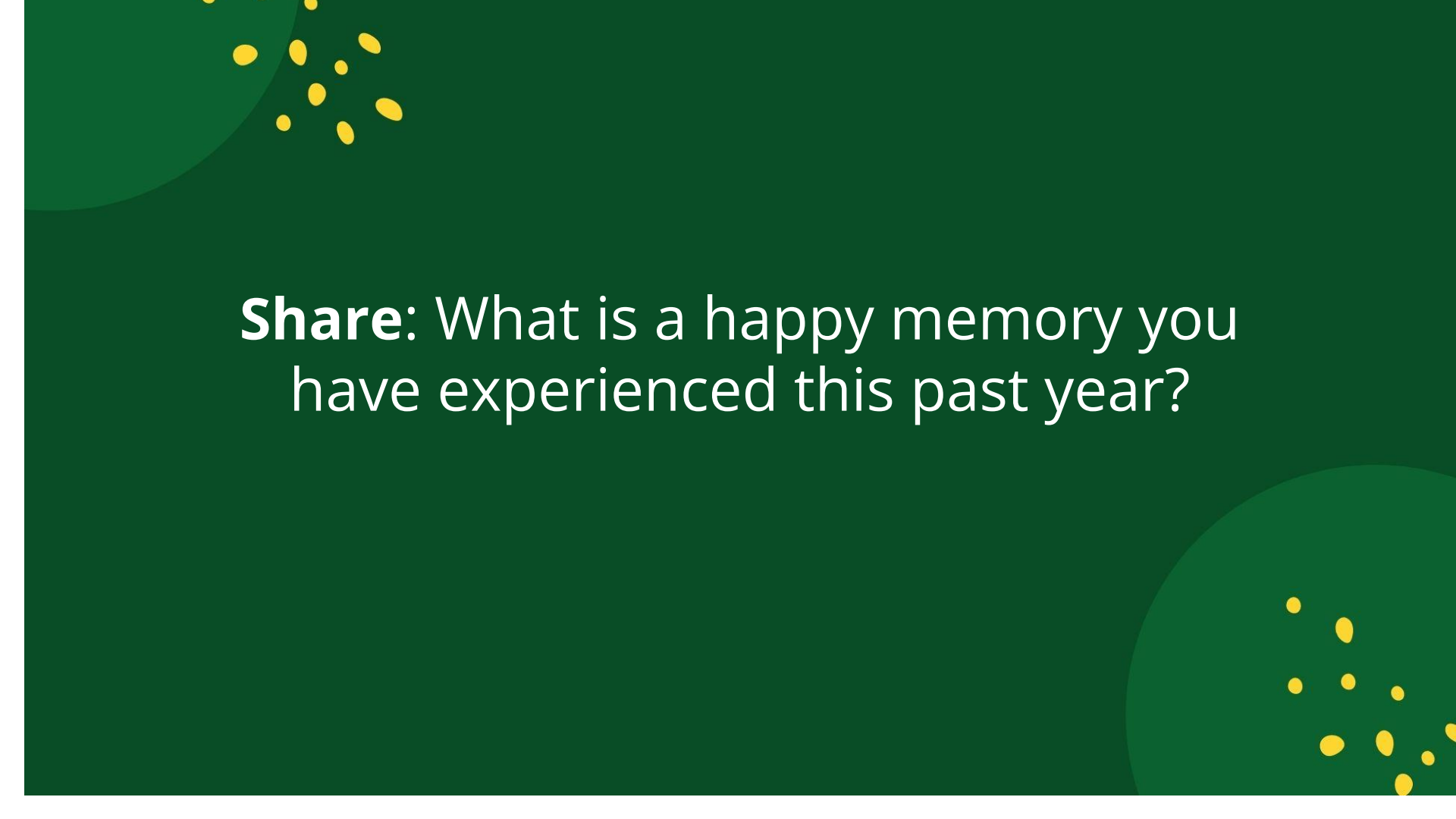
# MEMORY

**Remember when...**

**Don't forget...**

**I was just thinking  
about ...**





**Share:** What is a happy memory you have experienced this past year?

# TYPES OF MEMORY

## **SHORT-TERM MEMORY**

Short-term memory allows a person to recall a limited string of information for a short period.

Example: remembering 4-6 words and repeating them back

## **LONG-TERM MEMORY**

Long-term memory stores a wide range of memories and experiences.

Example: recollection of an important event

## **WORKING MEMORY**

Similar to short-term memory; working memory is where a person manipulates information.

Example: solving a math problem and remembering the steps

## **SENSORY MEMORY**

Sensory memory holds sensory information for very brief periods of time, usually 1 second or less.

Example: smelling your favorite food and reminiscing

# CHANGES IN MEMORY

“Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses”

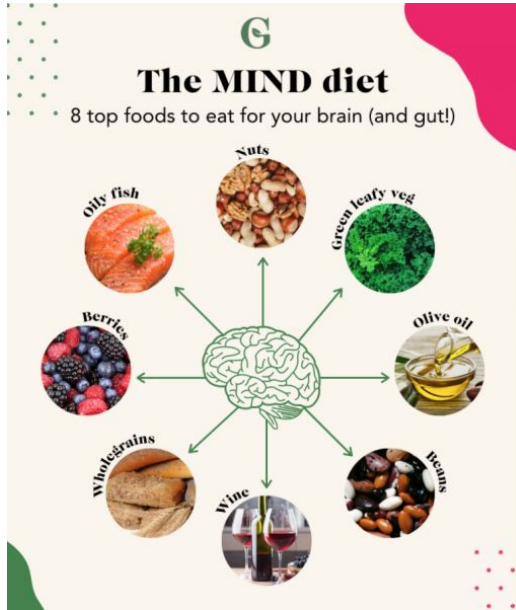
# EARLY INTERVENTION

- If experiencing serious lapses in memory, hallucinations, and changes in behavior- please consult a medical professional for a diagnosis!
- Set up routine check-ups with your primary care physician
- Early diagnoses can lead to early intervention

# **OPTIMIZING BRAIN HEALTH**

# DIET AND EXERCISE



**AVOID:** butter, cheese, red meat, fried foods, sweets

Adults age 65+ need:

- At least 150 minutes a week of moderate intensity activity
- 2 days a week of activities that strengthen muscles



# SLEEP

**Sleep deprivation can affect brain health, potentially leading to injuries, cardiovascular complications, and memory problems.**

What you can do:

- Try to get 7-8 hours of sleep each night
- Avoid alcohol, nicotine, and caffeine before bed
- Practice good sleep hygiene
- Practice relaxation techniques

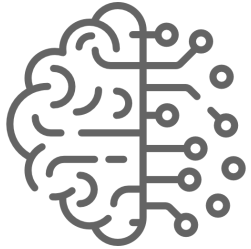
# STAYING CONNECTED

Participating in social groups and community activities can improve one's mood and can aid in reducing health risks!

## TRY TO STAY CONNECTED AND SOCIALIZE BY:

- Volunteering in your community
- Working
- Saying hello to neighbors while on a walk
- Keeping in touch with family and friends
- Participating in neighborhood or community groups

# USE IT OR LOSE IT: LEARN A NEW SKILL



***Neuroplasticity:*** the ability of the brain to change, adapt, and form new connections in response to experience and repetition

- Learning a new skill → forming new connections in the brain
- Challenging but not overly frustrating
- Boredom / lack of new experiences/skills → less responsive brain and even correlated with higher rates of heart disease

# Positive Aging

**Positive Aging** - Maintaining a positive outlook on aging, viewing it as a normal, healthy part of life

- Studies have shown that having a 'positive aging' mindset can maintain and improve memory and cognition in older adults

# Compensation Strategies

- Mnemonic strategies or associations
- Post-it Notes
- Reminders or timers on phone
- Specific routines + habits
  - As a protective measure
  - To be less likely to forget to do something



**THANK YOU**

# 1:1 Student Consultations

We are available to provide **free** consultations with an occupational therapy student this summer!



# SUMMER WORKSHOP SCHEDULE



~~June 16, 2022~~

~~Keeping Your Brain Healthy~~

June 30, 2022

Sleep Hygiene

July 14, 2022

Staying Active + Clean Eating  
*(in-person)*

July 28, 2022

Home Safety

+ Individual OT Student  
Consultations!



# Questions?

**Contact Info:**

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# REFERENCES

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