

Keeping Your Brain Healthy

OT STUDENT TEAM

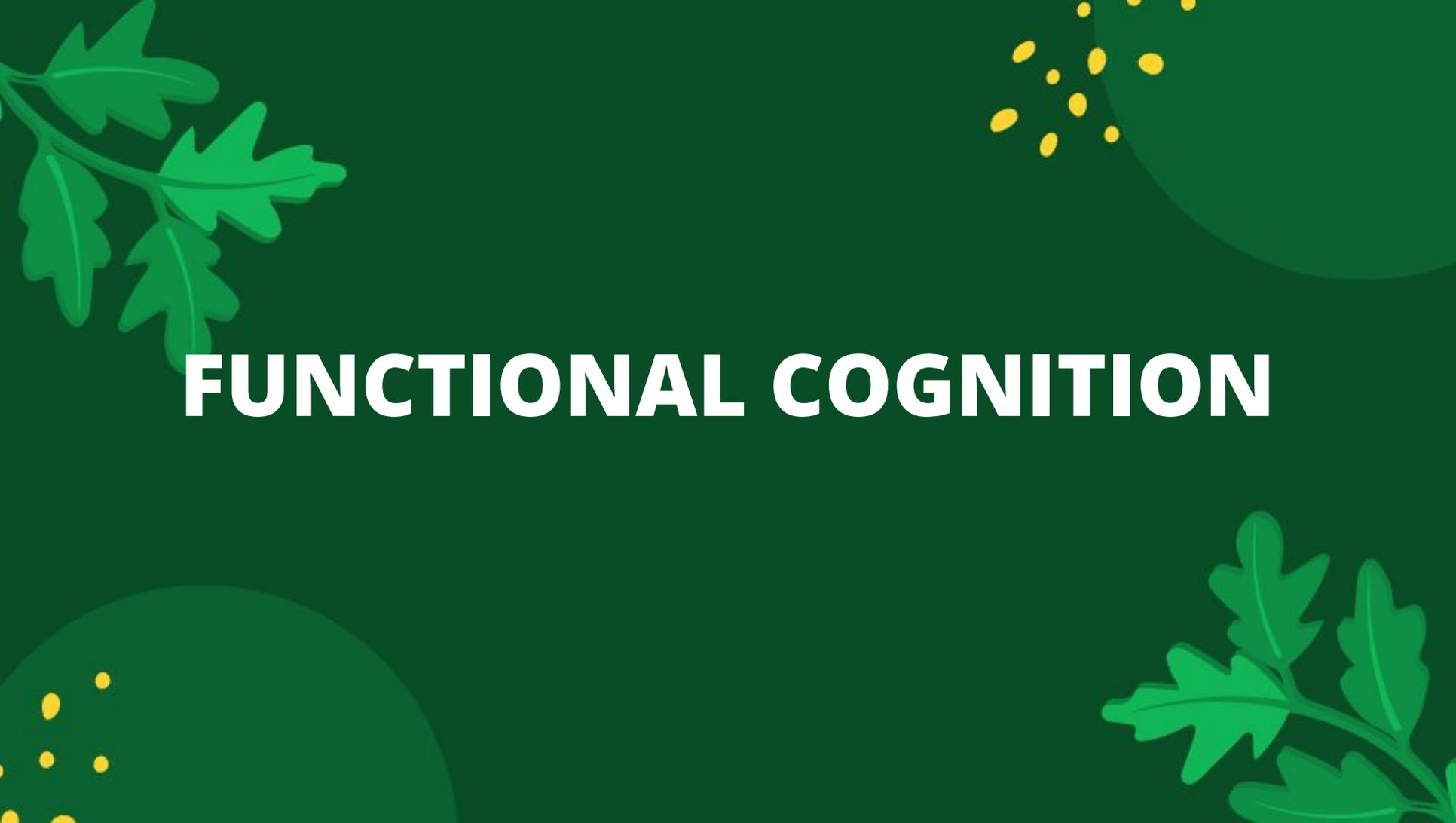
OBJECTIVES

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>



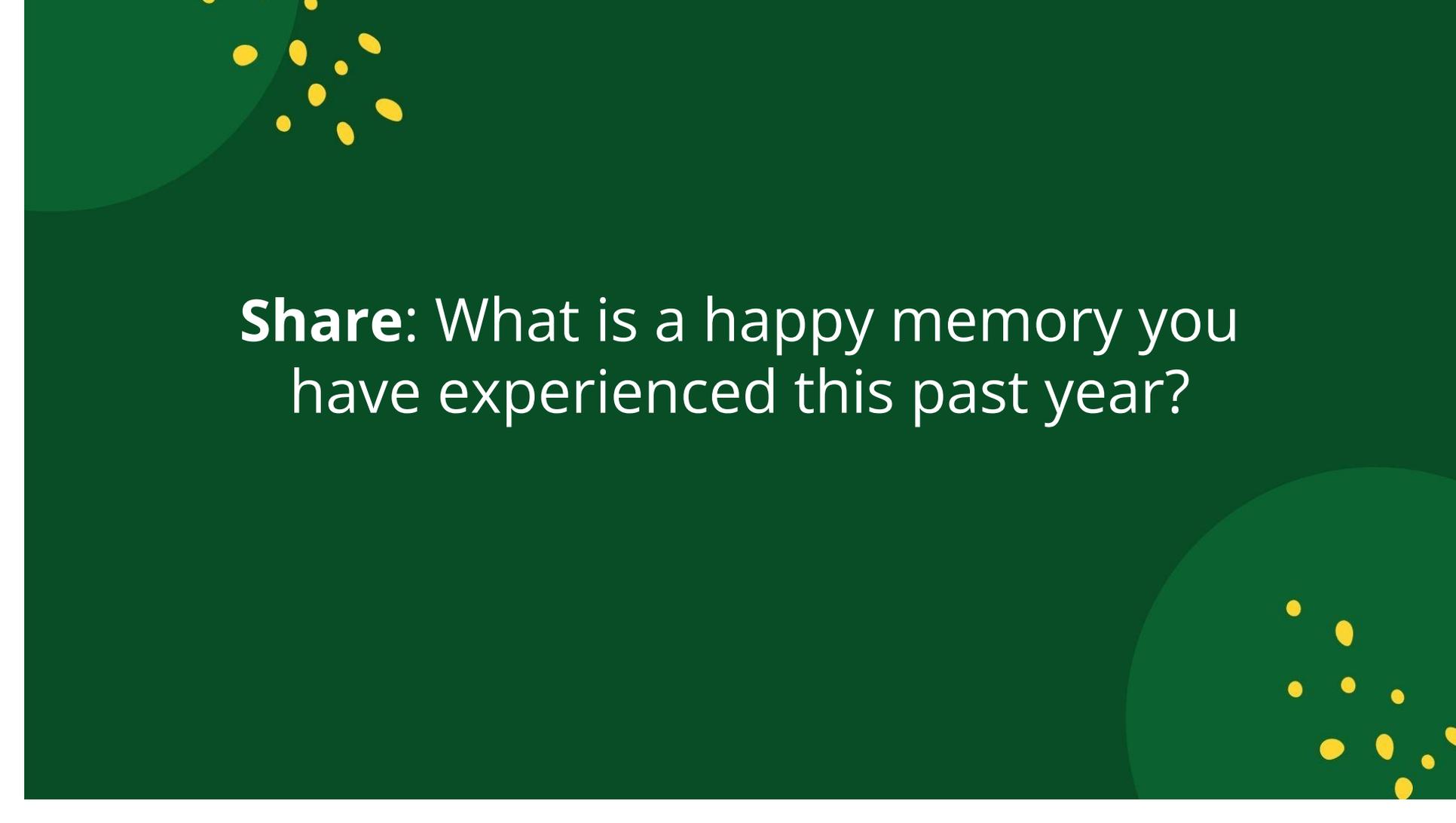
MEMORY

Remember when...

Don't forget...

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



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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”

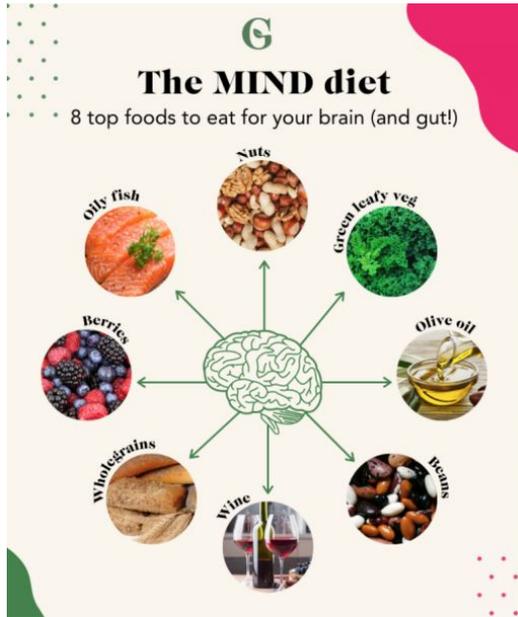
EARLY INTERVENTION

- 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

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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



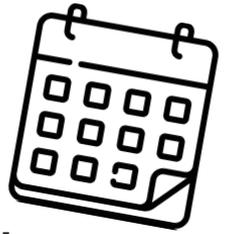
THANK YOU

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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