

Are you...
worried about
your memory?

COMMON COMPLAINTS FROM HEALTHY OLDER ADULTS:

Forget names	83%
Lose things	60%
Forget phone numbers	57%
Forget directions	41%
Forget appointments	34%

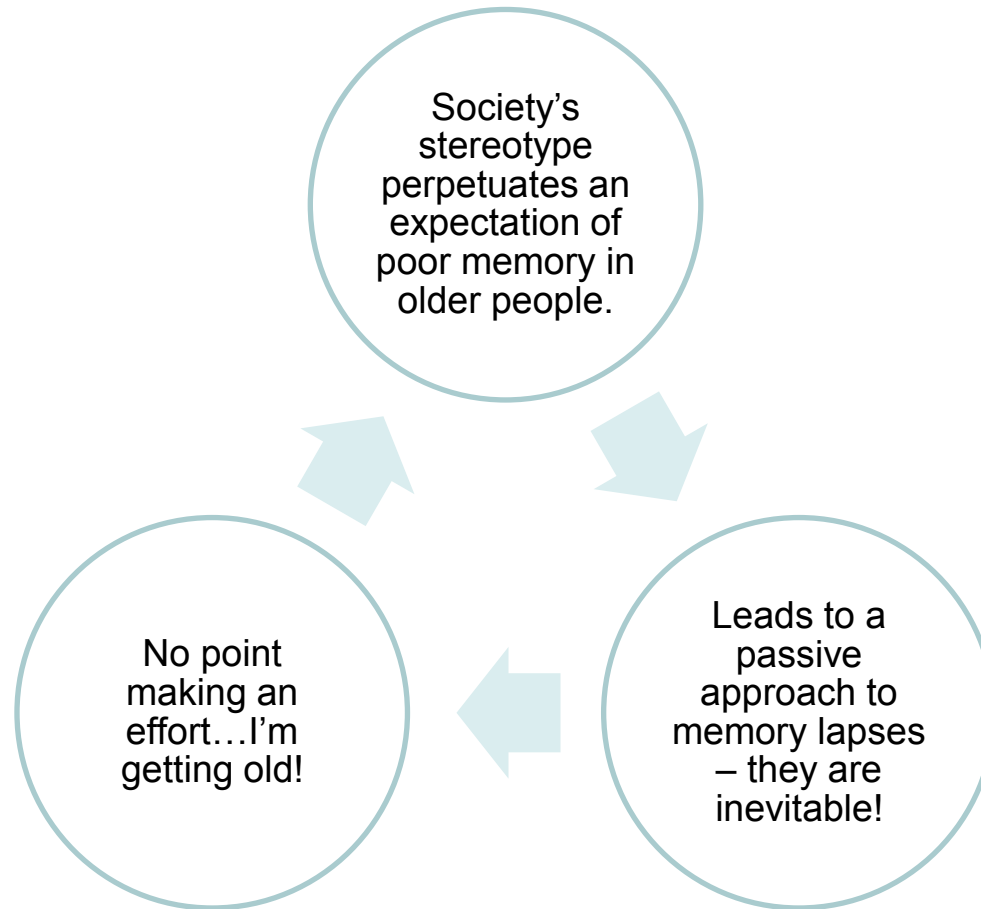
Source: Alzheimer's Association – Greater Illinois
Chapter

HONEY, I'M GROWING OLD... I FORGOT
THE CONTRACT FOR THE IMPORTANT
CUSTOMER, I FORGOT A MEETING,
I EVEN FORGOT MY PURSE AND
THE OFFICE KEY...

EXCUSE ME,
BUT... WHO
ARE YOU?!



Reinforcing the stereotype



WHAT WE WILL COVER

- How memory works
- Common memory changes with ageing
- Factors that can impact on memory
- Strategies for improving memory
- Ways to look after your brain
- When to seek help about memory concerns
- Services AAV provide

LOOK AT THE CHART AND SAY THE *COLOUR* NOT THE WORD

YELLOW

BLUE

ORANGE

BLACK

RED

GREEN

PURPLE

YELLOW

RED

ORANGE

GREEN

BLACK

BLUE

RED

PURPLE

OUR BRAIN

Represents only 2% of our body weight
but:

- uses approx. **20%** of our blood supply,
- **20%** of our energy &
- generates **20%** of our heat
- is working hard to make sense of our world
- has so many functions to perform, it will not always do so with complete success

COUNT EVERY “F” IN THE FOLLOWING TEXT:

FINISHED FILES ARE THE RESULT OF
YEARS OF SCIENTIFIC STUDY
COMBINED WITH THE EXPERIENCE OF
YEARS



Discussion

**Can you remember this
information...?**

HOW THE BRAIN WORKS

Frontal Lobes

- 1) Planning, organising, decision making
- 2) Starting and stopping actions
- 3) Regulation of social behaviour
- 4) Working memory
- 5) Speech generation
- 6) Insight

Parietal Lobes

- 1) Sensory processing
- 2) Attention
- 3) Reading and writing
- 4) Spatial orientation
- 5) Arithmetic

Limbic Region

- 1) Forming and processing emotions
- 2) Forming and organising memories

Occipital Lobes

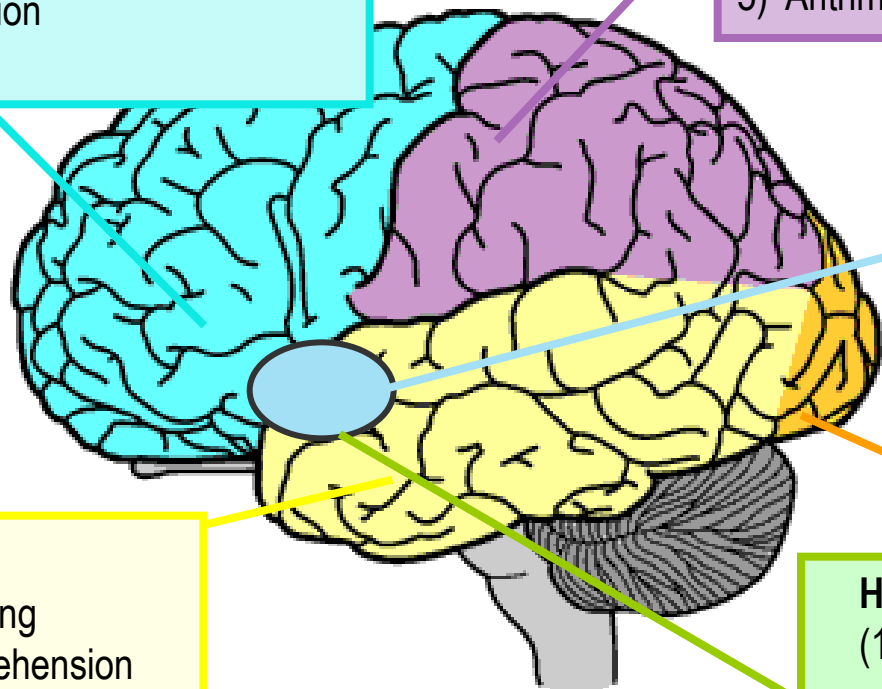
- 1) Visual processing

Temporal Lobes

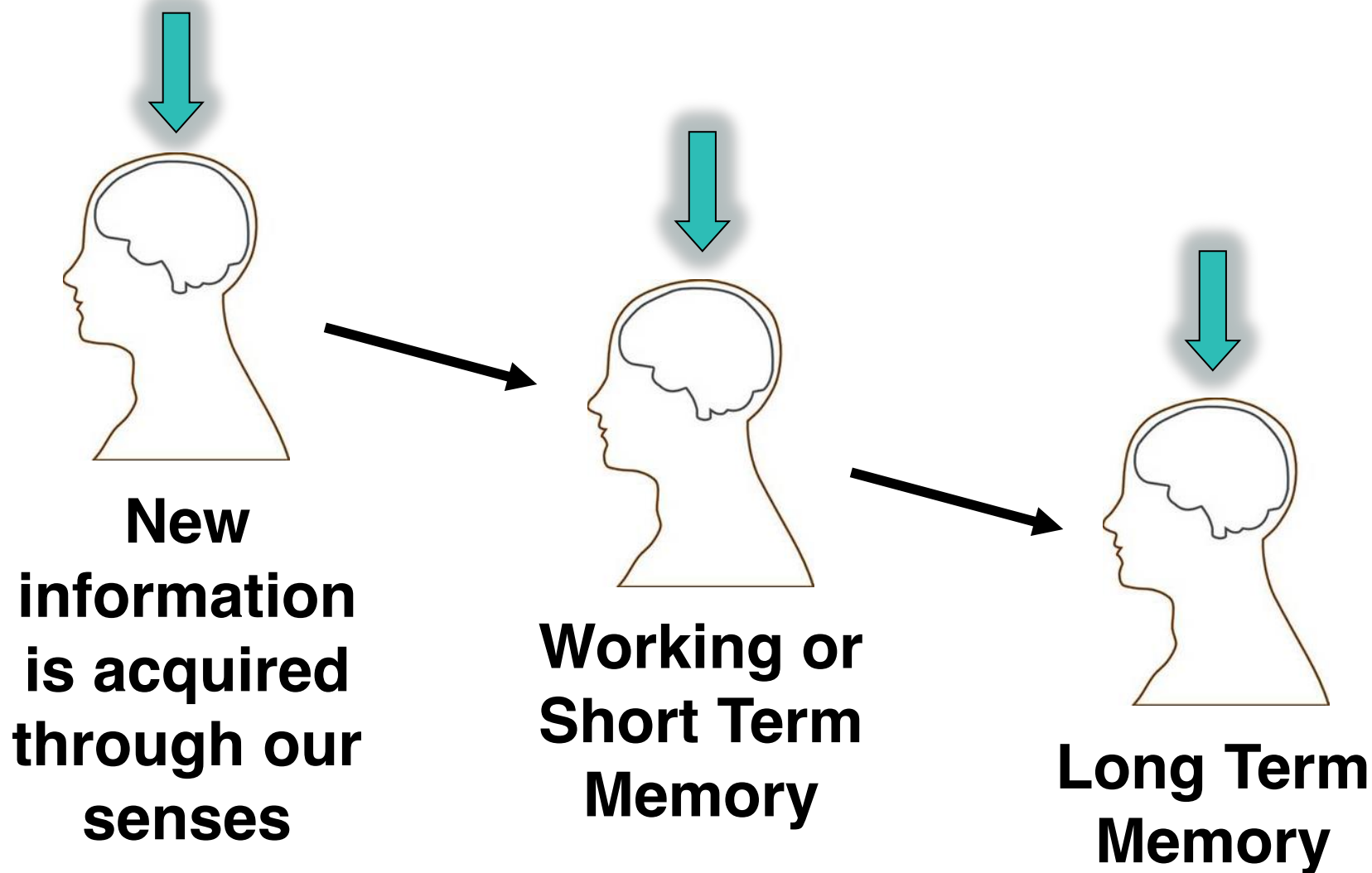
- 1) Auditory processing
- 2) Language comprehension

Hippocampus

- (1) Memories are stored all over the brain, but the process is coordinated in the hippocampus



HOW MEMORY WORKS



THEREFORE, MEMORY IS A PROCESS OF:

- Acquiring
- Storing
- Retrieving

...and problems can occur at any step in this process.

TYPES OF MEMORY

- **Episodic memory**
 - new information, day-to-day-events
- **Semantic memory**
 - facts, figures, words, general knowledge
- **Procedural memory**
 - skills learnt that are now automatic or unconscious
- **Prospective memory**
 - remembering what we need to do in the future



What did you remember about the car accident?

AS WE AGE IT IS HARDER TO:

- focus our attention on more than one thing at a time
- react to and process information quickly
- learn something new
- recall names of people and things (especially from moment to moment)
- remember information

BUT... OLDER PEOPLE:

- **Have gained experience** and so use their memory better
- Are **more reliable** with practical memory tests
- Learn slower but perform with **less variability**
- Make **more associations** with new ideas

Helen Creasy, Geriatrician, CERA, Concord Hospital, Sydney.

IT IS *NOT* NORMAL TO:

Experience memory loss that significantly
disrupts our everyday lives

SOME FACTORS THAT CAN AFFECT MEMORY



Stress or Anxiety



Fatigue

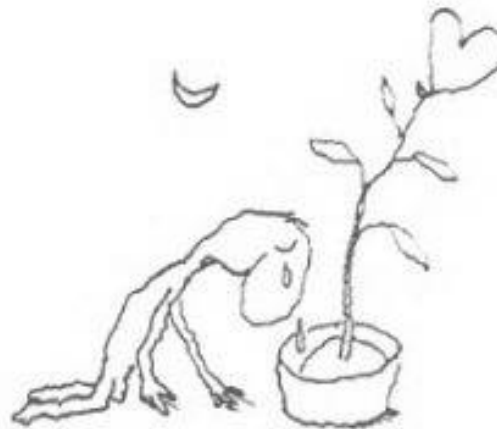


Pain

SOME FACTORS THAT CAN AFFECT MEMORY



Depression



Grief



Medications

SOME HEALTH CHANGES THAT *CAN* AFFECT MEMORY

- Hormonal changes
- Infections
- Circulatory problems
- Poor Diet
- Dehydration
- Anaemia
- Thyroid Dysfunction
- Liver or Kidney Disease
- Some medications
- Sensory Loss
- Substance misuse

BRAIN DISORDERS THAT CAN AFFECT MEMORY

- Some forms of dementia
(especially Alzheimer's disease)
- Depression

REMEMBER US

Anxious

Fat

Horse

Running

Clean

Floor

Active

Spotted

Green

Sausage

Cabbage

Lunch

Few

Alzheimer's

Beef

Fence

Tree

Fold



Discussion

REMEMBERING WELL

Sock

Forced

House

Gardening

Dirty

Roof

Tired

Striped

Red

Laundry

Carrots

Dinner

Several

Memory

Lamb

Gate

School

Swim



Discussion

WAYS TO HELP YOUR MEMORY

- Relax
- Pay attention
- Repeat & rehearse information
- Make connections
(eg taking tablets at the same time each day)
- Act immediately
- Establish regular routines
- Make lists and group items
- Retrace your steps
- Use other people

WAYS TO HELP YOUR MEMORY

- Organise belongings & label if appropriate
- Use clocks, watches and timers
- Buy a calendar
- Write “To do” lists
- Put a white or corkboard next to the fridge
- Keep a communication book next to phone

WAYS TO HELP YOUR MEMORY

- Use dosette boxes for tablets
- Minimise distractions when learning something new
- Keep regularly used items in the same place (eg car keys and the remote)
- Prepare notes and questions prior to attending appointments

GENERAL PRINCIPLES FOR MAINTAINING OVERALL BRAIN HEALTH

- Eat a **nutritional** diet
- Stay **physically** active
- Keep **mentally** active
- Remain **socially** active

LOOKING AFTER YOUR BRAIN

- Avoid harmful substances
- Challenge yourself
- Eat well
- Increase fluids
- Limit alcohol to 2 standard drinks a day
- Exercise
- Monitor your blood pressure
- Lower your cholesterol

SHOULD I BE WORRIED ABOUT MY MEMORY?

- Repeatedly misplacing things
- Trouble remembering recent events
- Trouble remembering the day and date
- Difficulty following a story line
- Difficulty adjusting to changes in routine

SHOULD I BE WORRIED ABOUT MY MEMORY?

- Difficulty thinking through problems
- Difficulty following conversations
- Difficulty handling financial matters
- Family and friends are commenting on my poor memory

**WORRIED
ABOUT
YOUR
MEMORY?
HERE'S
WHAT YOU
CAN DO...**

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
#fightdementia

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

OUR SERVICES

- Individual and family support
- Counselling
- Dementia Helpline
- Support Groups
- Information and Resources
- Education
- Advocacy

**FOR MORE INFORMATION
CONTACT ALZHEIMER'S AUSTRALIA**

**NATIONAL DEMENTIA HELPLINE
1800 100 500**

AN AUSTRALIAN GOVERNMENT INITIATIVE



**TELEPHONE INTERPRETER SERVICE
131 450**

FIGHTDEMENTIA.ORG.AU

**FIGHT ALZHEIMER'S
SAVE AUSTRALIA**