

Course Objectives

MedBridge

Overview of Memory and Cognition Changes with Aging

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Course Description:

Memory ability is determined by a multitude of factors, many of which are under our control. There are a number of problems that need to be addressed, including what factors can be manipulated and which interventions will be effective and for whom, all in an effort to maximize cognitive ability and therapeutic outcomes for all clients. We will discuss the Reserve Hypothesis, explanations as to why people who are more cognitively engaged have better cognitive ability, and whether we can intervene and help people improve their cognitive abilities. Dosing and prognoses, as a function of the severity of cognitive impairment, will also be addressed. This course is the first of a five-part series.

Course Objectives:

- Describe factors that affect cognitive ability in older adulthood.
- Predict who is likely to benefit from interventions designed to enhance cognition.
- Explain why the 'Reserve Hypothesis' is a better theory than 'Use It or Lose It'.
- Analyze why the prevalence of dementia appears to be going down while the incidence increases.