

Positive Aging Strategies for Keeping Memory Alive

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- Defining Positive Aging
- Positive Aging Principles for Memory Issues
 - Positive Aging Principle #1: Reserve capacity
 - Positive Aging Principle #2: SOC
 - *Selectivity*
 - *Strategies for eliminating what you don't need*
 - *Optimization*
 - *Strategies for preserving what you have*
 - *Compensation*
 - *Putting it all together: Mnemonics*
 - Positive Aging Principle #3 Forgiven Memory Failures
 - PA Memory Applications for your Professional Practice
 - *Designing a PA Memory Workshop*

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Positive Aging Principles

■ Principle #1: Reserve Capacity

■ Principle #2: SOC

■ Principle #3: Self-Forgiveness

MEMORY EXERCISE: STUDY PAGE

MEMORY EXERCISE: RECALL PAGE

- **Mechanic** 582-__ __ __ __
- **Book** \$__ __.00
- **Umbrella** \$__ __.00
- **Hospital** 582-__ __ __ __
- **Electrician** 582-__ __ __ __
- **Gloves** \$__ __.00
- **Watch** \$__ __.00
- **Bank** 582-__ __ __ __
- **Dentist** 582-__ __ __ __
- **Shoes** \$__ __.00
- **Bus** 582-__ __ __ __
- **Radio** \$__ __.00

SOC

- *Selectivity*

- *Optimization*

- *Compensation*

Mnemonics

Name-Face Mnemonic

- Identify a prominent feature
- Connect the feature with something familiar
- Form a linking image
 - name to facial feature

Number-Consonant Mnemonic

- 1=L
- 2=N
- 3=M
- 4=R
- 5=F or V
- 6=b or d
- 7=k or (hard c)
- 8=t
- 9=p or q
- 0=z, s (or soft c)

Changing Expectations about Memory Worksheet

-What are the bad things about memory loss?

-What good is there in memory loss?

Designing a Positive Aging Learning and Memory Workshop

An Essential Framework:

- *Listening to Issues*
- *Designing exercises*
- *Encouraging practice*
- *Measuring Improvement*
- *Building confidence*

Positive Aging Reading List

Books by Robert Hill

- Hill, R. D. (2008) *The Seven Strategies for Positive Aging: Strategies to promote well-being in old age*. WW Norton, New York:
- Hill, R. D. (2005). *Positive Aging: A guide for mental health professionals and consumers*. WW Norton, New York: NY (
- Hill, R. D., Sigstodter Neely, A. & Bäckman, L. (2000). *Cognitive Rehabilitation in Old Age*. Oxford University Press, New York: NY

Books Specific to Memory Issues:

- Brookdale Foundation (1997). *How to Start and Manage a Group Activities and Respite Program for People with Alzheimer's Disease and Their Families: A Guide for Community-Based Organizations*. 3rd Edition.
- Gruneberg, M. M. and Hermann, D. J. (1999). *How to Cure Your Memory Failures: Dozens of Proven Methods From Two World Experts*, Sterling.
- Higbee, Kenneth L. (1989). *Your memory. How it works and how to improve it*. 2nd ed. London: Piatkus.
- Lorayne, H. and Lucas, JU. (200). *The Memory Book: The Classic Guide to Improving Your Memory at Work, at School, and at Play*, Ballantine Books.
- West, Robin (1985). *Memory fitness over 40*. Triad Publishing, FL.

Additional Readings:

- Atchley, R. C. (1989). A continuity theory of normal aging. *The Gerontologist*, 29(2), 183-190.
- Baltes, P. B. (1997). "On the incomplete architecture of human ontogeny: Selection, optimization, and compensation as foundation of developmental theory." *American Psychologist* 52: 366-380.
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- Baltes, P. B. (1993). "The aging mind: Potential and limits." *Gerontologist* 33(5): 581-594.
- Baumeister, R. F. and M. R. Leary (1995). "The need to belong: Desire for interpersonal attachment as a fundamental human motivation." *Psychological Bulletin* 117: 497-529.
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- Gawande, L. (2007). The way we age now. *New Yorker*. March 14, 2007: 51-58.
- Luskin, F. (2003). *Forgive for good: A proven prescription for health and happiness*. Harper Collins, New York: NY.
- Marmot, M. (2004). *The status syndrome: How social standing affects our health and longevity*. New York: Owl Books, Henry Holt & Co.

- Rowe, J. W., & Kahn, R. L. (1998). *Successful Aging*. New York: Pantheon Books.
- Seligman, M. E. P., and Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.
- Transcredi, L. (2005). *Hardwired behavior: What neuroscience reveals about morality*. New York, NY, Cambridge University Press.
- Valliant, G. E. (2002). *Aging Well: Surprising guideposts to a happier life*. Boston: Little, Brown and Company.