

# **The Memory and Brain Health Program™ Toolkit**

**Angela Troyer and Susan Vandermorris,  
Baycrest Neuropsychology and Cognitive Health Program  
West GTA Stroke Partners Day, September 29, 2023**



**FEAR NO AGE™**

# Changes in memory are a common lasting effect of stroke

What was his name again?

Why did I come into this room?

I know I left my phone in here somewhere!



*Where Did I Leave My Glasses? The What, When, and Why of Normal Memory Loss.* (2009). Martha Weinman Lear.

# Memory mistakes have an impact



Worry about own memory

Feeling frustrated, embarrassed, “stupid”

Working harder to avoid memory slips

Desire to reduce risk of dementia

Withdrawal from meaningful activities

# Memory intervention can help!

- Psychoeducation - what's typical, what's not
- Strategy training - work smarter, not harder
- Brain-health promotion - good for the heart, good for the brain
- Social support - normalcy, adjustment, connection

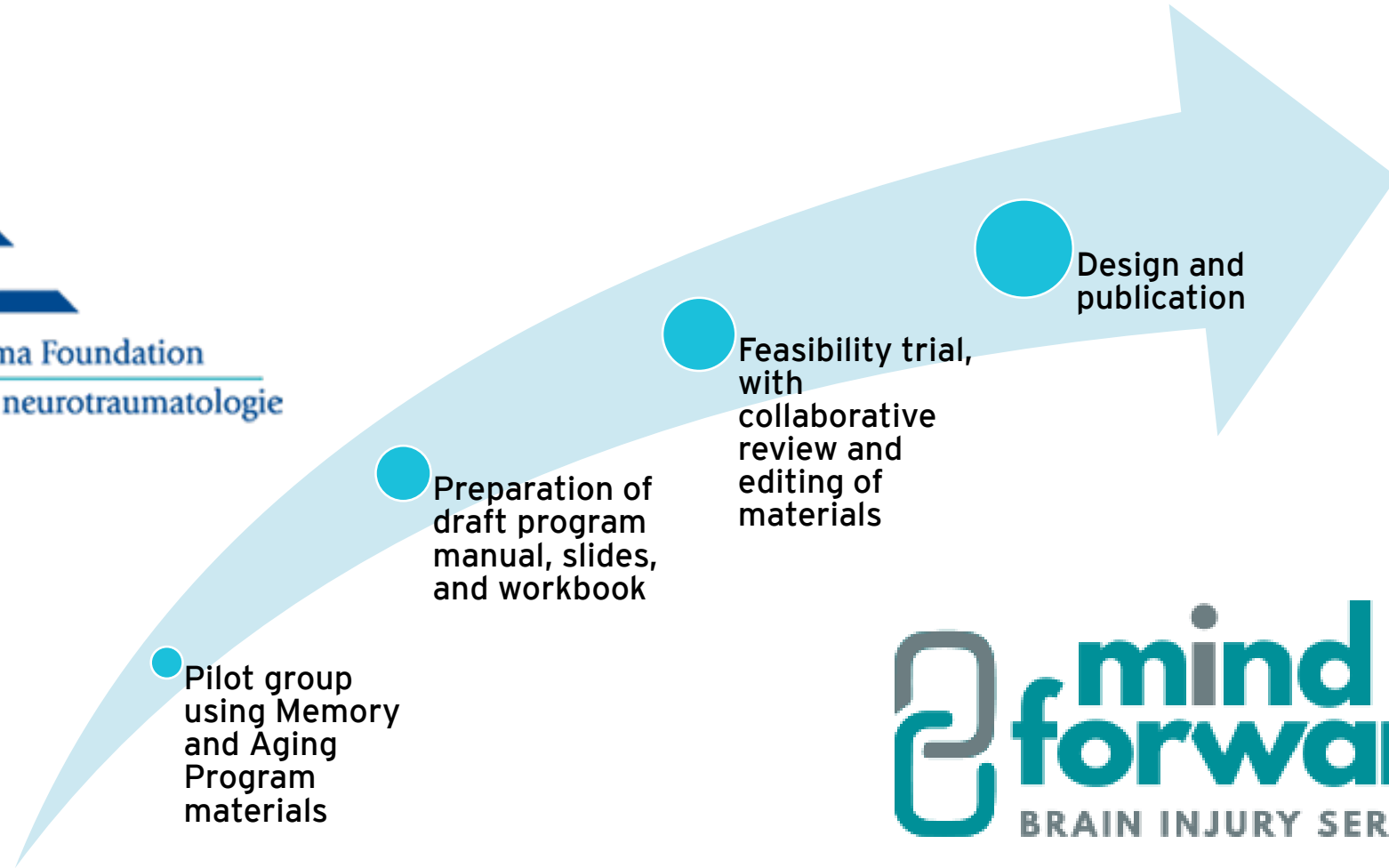


[Baycrest.org/Neuropsychology](http://Baycrest.org/Neuropsychology)

# Program development



Ontario Neurotrauma Foundation  
Fondation ontarienne de neurotraumatologie



Pilot group using Memory and Aging Program materials

Preparation of draft program manual, slides, and workbook

Feasibility trial, with collaborative review and editing of materials

Design and publication





# Memory & Brain HEALTH PROGRAM™

## Program goals

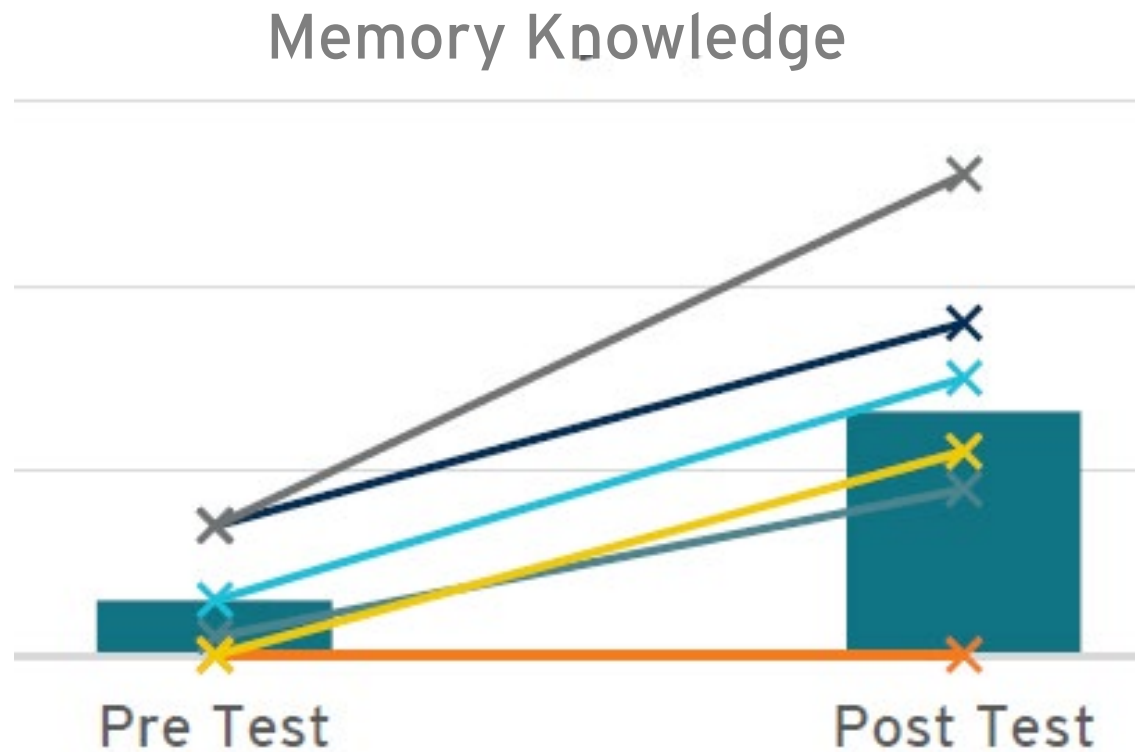
- Provide **education** about memory, and how it can be impacted by acquired brain injury and lifestyle factors
- Enable the implementation of **healthy lifestyle** behavior changes
- Train participants to use evidence-based **memory strategies** in everyday situations
- Provide a forum for **peer support** and normalization
- Instill a sense of **confidence** and control over memory function

## Core elements

- Manualized content: slides, facilitator manual, and participant workbooks
- Twelve, 90-minute modules: memory changes, memory strategies, brain-healthy lifestyle
- Compensatory approach: participants learn strategies that take advantage of preserved thinking skills systems to prevent or solve practical memory problems.
- Built for behaviour change: Didactic teaching, facilitated discussions, memory-strategy training, at-home assignments, self-monitoring exercises, goal setting and follow-up

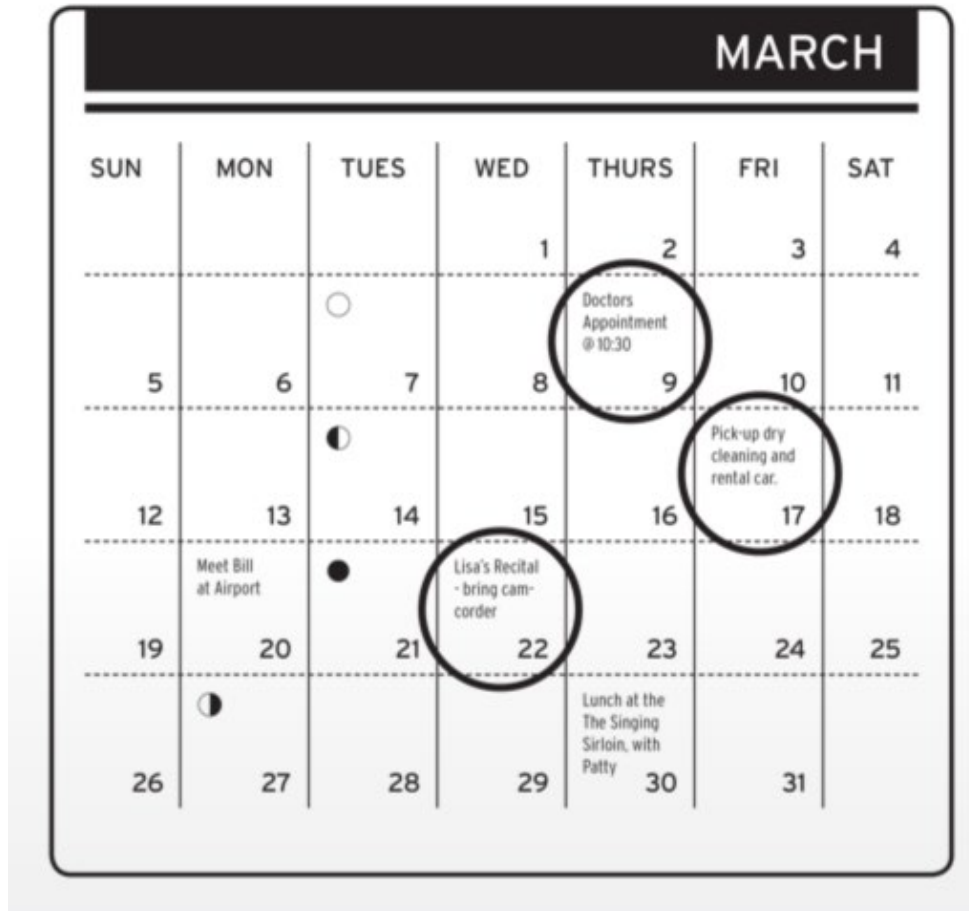
## Feasibility trial outcomes

- Seven clients participated in the program.
- Median attendance was 11/13 sessions.
- One participant did not complete post-testing.





# Uptake and feedback



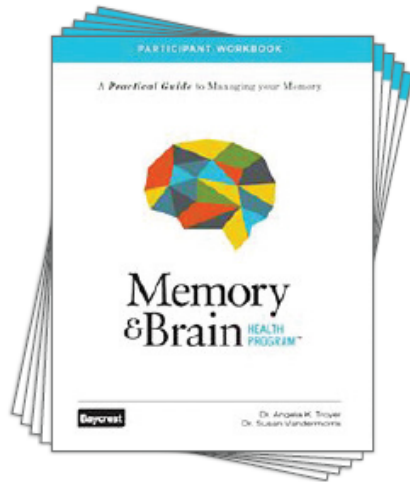
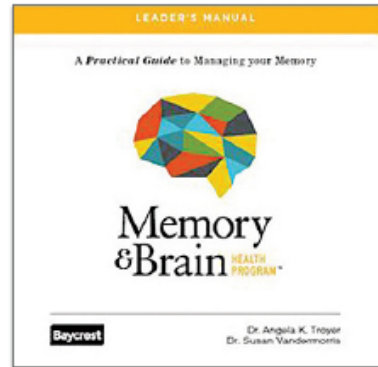
- Commonly-reported memory strategies in use at post-test included habits and external aids (e.g., calendars, lists, reminders).
- Feedback identified opportunities to include family and care partners, develop ongoing peer and professional support, and explore flexible models of delivery.

# Learnings

The program was feasible to deliver in a community ABI service setting, with strong evidence for client knowledge gain, and some indication of positive behaviour change and improved self-report of everyday memory.



# You, too, can try this at home



## The Memory and Brain Health Program™ Toolkit:

A Memory-Strategy Training and Brain Health Promotion Program for Mild to Moderate Memory Problems in Acquired Brain Injury

Changes in memory are a common part of living with a brain injury. Memory mistakes associated with mild to moderate impairment—forgetting names, not following through on intentions, misplacing keys, phones, etc., can be a source of frustration and stress. The Memory and Brain Health Program is a 12-module workshop designed to empower participants to optimize their day-to-day memory function and overall brain health through memory strategy training and lifestyle coaching.

The Memory and Brain Health Program kit contains everything a facilitator needs to deliver the program, including a leader's manual, 15 participant workbooks, and access to digital downloads containing presentation slides and program evaluation tools.

---

Cost: **\$600** (plus tax and shipping)

[baycrest.org/memory-and-brain-health-products](https://baycrest.org/memory-and-brain-health-products)

# Thank you!

Presented by:

**Angela Troyer & Susan Vandermorris**

3560 Bathurst Street  
Toronto, Ontario M6A 2E1  
Canada

T: 416.785.2500 ext. 2445

E: [atroyer@baycrest.org](mailto:atroyer@baycrest.org); [svandermorris@baycrest.org](mailto:svandermorris@baycrest.org)



Baycrest is fully affiliated with  
the University of Toronto