

Learning the Ropes for living with MCI® Barrie and Area

Learning the Ropes Description

Learning the Ropes for Living with MCI® is a memory program developed and tested at Baycrest: www.baycrest.org and now offered in Barrie. There is no cost to participate.

This group program is for older adults who have a mild change in their memory or thinking abilities. Their close family member or friend is encouraged to attend.

Through memory training, healthy lifestyle education and support, participants develop strategies to optimize memory and brain health.

There are 6 weekly classes plus a 1 month follow up, each 2 hours in length. All participants will receive a workbook that includes education and memory training instructions and exercises.

Program Location

The Learning the Ropes program is currently offered at the Alzheimer Society of Simcoe County Barrie office

Address: 20 Anne Street South, Barrie, Ont. L4N 2C6

Expectations

- In order to achieve the best outcomes, there is an expectation that participants will attend all 7 classes (to the best of their ability)
- Participants are expected to complete daily homework to practice the memory strategies (5 to 10mins per day)
- Participants are encouraged to bring a family member or friend (not required)

For questions or further information regarding Learning the Ropes contact:

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