

I'm Older But Not Old

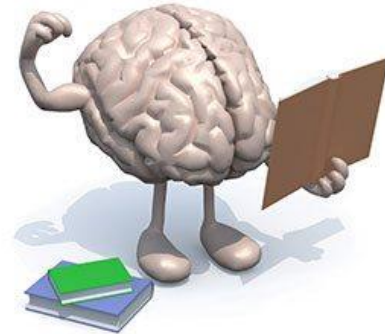
A Positive Ageing Forum presented by
Aged Care Psychiatry Service

Eastern Suburbs Mental Health Service
South Eastern Sydney Local Health District

24 October 2017

Centre for Healthy Brain Ageing CHeBA

Memory fitness Training your brain



Dr Nicole Kochan

**I'm Older but not Old
Aged Care Psychiatry Forum 2017**

Your brain changes throughout your lifetime

Memory fitness



Cognitive health



Successful ageing!



Jean Calment
lived to age 122

How flexible is your brain?



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What can you see?



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What can you see?



**an old woman
&
a young girl**



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What can you see?



What can you see?



**a horse
&
a frog**



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SYDNEY



What can you see?



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SYDNEY



What can you see?



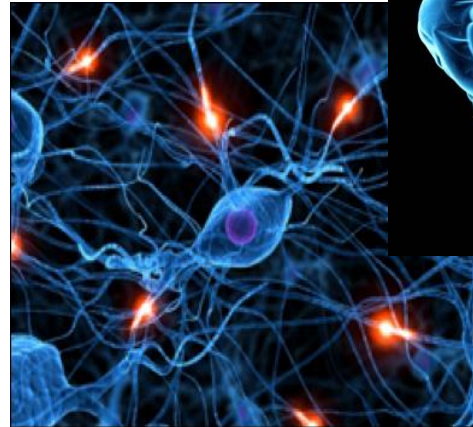
**an apple
&
a face**



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Your brain changes throughout your lifetime



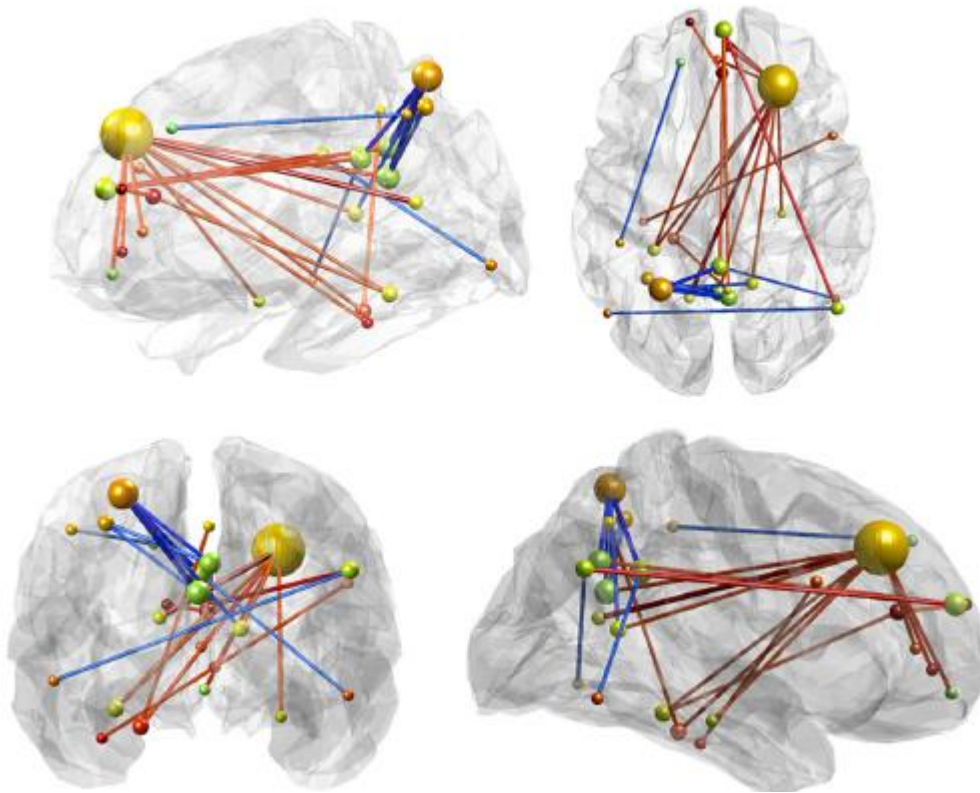
Neuroplasticity

ability of the brain to
reorganise itself & create
new connections

Neurogenesis

new brain cell
growth

Memory Strategies



Article

Neuron

Mnemonic Training Reshapes Brain Networks to Support Superior Memory



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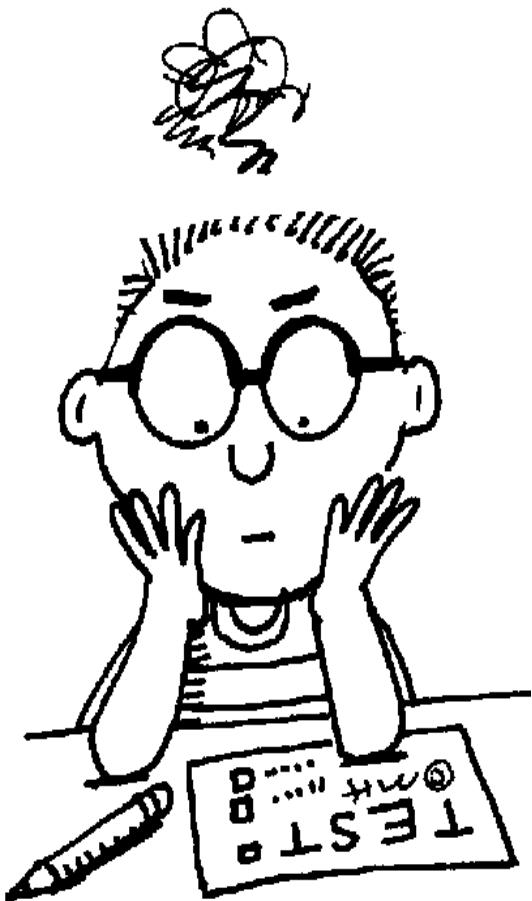
CHeBA
Healthy Brains Positive Ageing

Essential memory strategies 101

CREATE
MEANING

SP





Quick memory test

What is on the back of a \$1 coin ?



Echidna Platypus **Kangaroo** Lyre bird

“Look, Snap, Connect”

Gary Small MD *The Memory Prescription*



Look

Pay Attention!



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“Look, Snap, Connect”

Create a mental snapshot of memories



**4 yellow
daisies**



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“Look, Snap, Connect”

Remember 4 errands to do this afternoon:

Buy milk

Get cash at the ATM

Call Bill

Take out the garbage

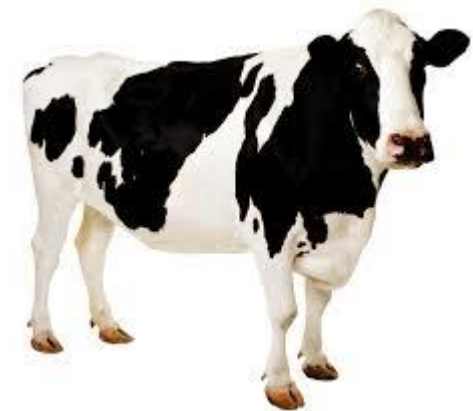
Create a story – verbal or visual



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“Look, Snap, Connect”



dreamstime.com



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Learning new skills & hobbies

Board games are great for your brain

- Higher connectivity in Baduk “Go” players:
 - » R side of brain (“spatial”)
 - » widespread regions emanating from frontal brain (concentration, problem-solving, strategy)
- French study – 15% lower risk of dementia 20 years later in regular board game players.



Chess, card games can also stimulate your brain



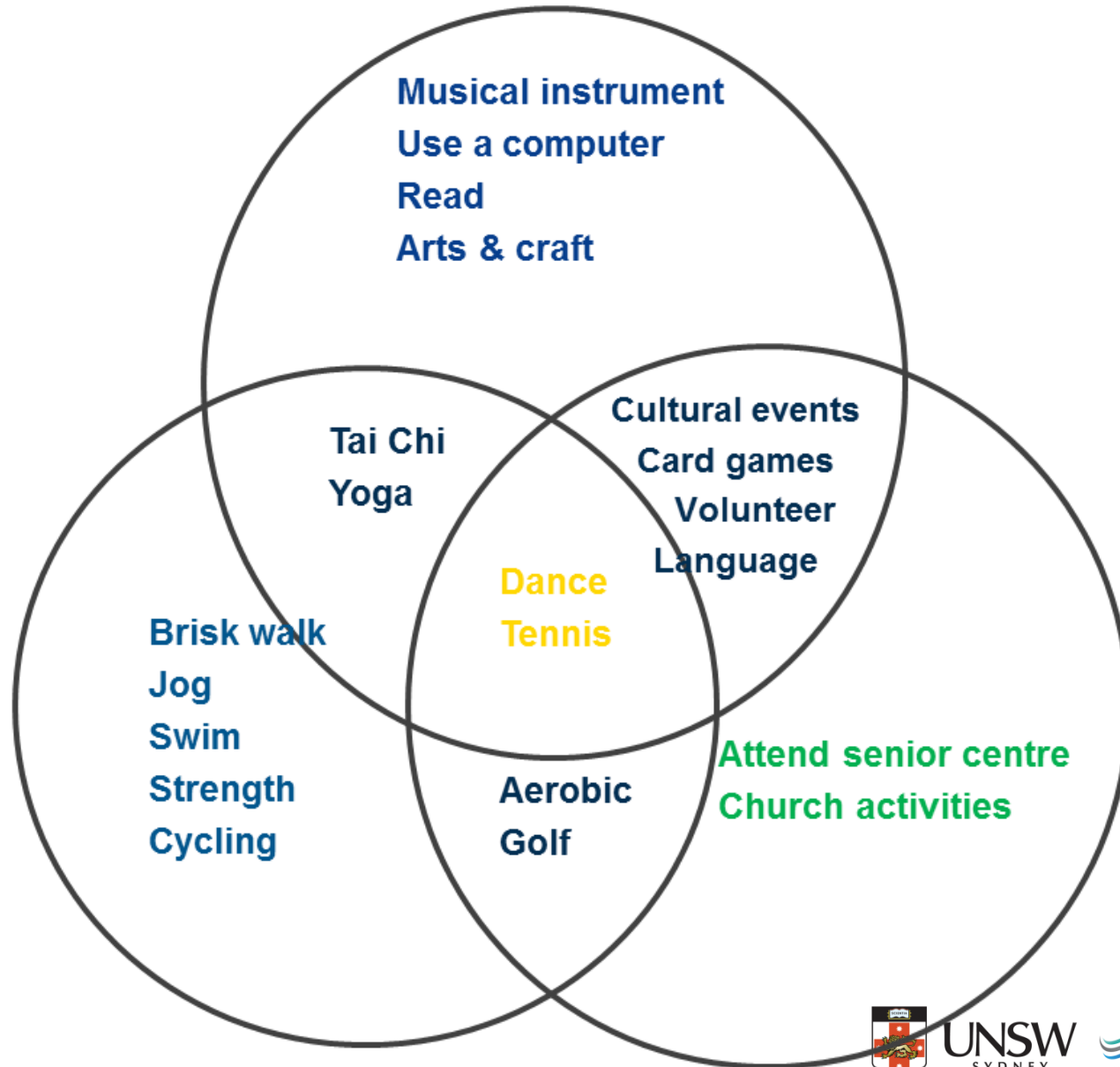
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COGNITIVE

PHYSICAL

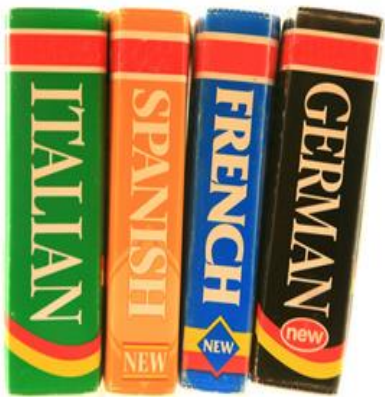
SOCIAL



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An active lifestyle Enrich your life!



It's never too late!



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Thank you for your attention

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