BACKGROUND
Many research studies, including those conducted by Gary Small, M.D. and his colleagues at UCLA, have shown that the strategies taught to participants of the Memory Training course are effective in improving memory in older adults with normal, age-related memory challenges. The group course is not intended for people with Alzheimer’s disease or other forms of dementia. Also, the benefits of memory training can last well beyond the actual course—studies show that the benefits can last from six months to five years.

CURRICULUM FEATURES
- Eight (8) hours of modules producing a 4 week, two hours per week program.
- Focuses on strategies that help participants develop good memory habits and teaches techniques to improve memory. The course targets the four most common memory complaints that people experience in daily life:
  1. Forgetting names and faces
  2. Forgetting to do things in the future (like keeping an appointment, passing on a phone message, or forgetting why you walked into a room)
  3. Forgetting where you put things (like your keys, glasses, or wallet)
  4. Knowing something you can’t immediately recall… or “tip of the tongue” memory challenges

MANUALS
A hard copy of the curriculum manual for trainers which includes handouts, skill builders, and summaries for participants is provided to Licensee.
Memory Fitness

BACKGROUND
The purpose of the Memory Fitness Program is to teach methods that enhance participants’ memory abilities. It is based on the clinical research of Gary Small, M.D., director of the UCLA Longevity Center and Karen Miller, Ph.D, from the Semel Institute for Neuroscience and Human Behavior at UCLA. The program is for people with mild memory concerns and is not for anyone with dementia or Alzheimer’s disease. It is geared towards the older and slower or those with mild cognitive impairment (MCI). This program can also be modified for use with dementia patients.

CURRICULUM FEATURES
- 12 one hour modules for a total of 12 instructional hours.
- Focuses on the FOUR areas of life that are keys to maintaining memory fitness - healthy diet, physical activity, stress reduction, and memory training.

MANUALS
A hard copy of the Trainer curriculum manual and a participant work-book is provided to Licensee.

TRAINING
Licensees attend a 2-day training provided by a psychologist from the David Geffen School of Medicine at UCLA*.

RECOMMENDATIONS
- We recommend licensees offer sessions once a week for two hours each over a four-week period.
- This program is most effective with smaller groups of no more than twenty participants.

TRAINING
Licensees attend a 2-day training provided by a psychologist from the David Geffen School of Medicine at UCLA*.
RECOMMENDATIONS

- Program can be adapted to 3, 6, 9, or 12 week sessions.
- This program is most effective with smaller groups of no more than twenty participants.

BACKGROUND

Brain Boot Camp is designed for people with age-related memory concerns who wish to improve or maintain their memory ability. The group course is not intended for people with Alzheimer’s disease or other forms of dementia. However, individual courses can be tailored for persons with cognitive impairment. It is a three-hour intensive course that teaches brain healthy lifestyles and enhances memory ability in just one day. This program is best for those worried about their memory or the executive type.

CURRICULUM FEATURES

- One module for a total of three instructional hours.
- Teaches...
  1. Basic techniques to respond to everyday memory challenges.
  2. Advanced memory techniques to master memory of names and faces.
  3. Tips for a healthy heart and brain diet.
  4. How to gauge progress and notice results in just three hours.
  5. Take home strategies, exercises, and assignments to continue improving memory on a daily basis.

MANUALS

A hard copy of the curriculum is provided to Licensee.

TRAINING

Licensees attend a one day training provided by a psychologist from the David Geffen School of Medicine at UCLA*.

RECOMMENDATIONS

This program can be tailored to work with participants one-on-one or in a small group setting (no more than ten participants).
Memory Care

BACKGROUND
Memory Care is a weekly program for people experiencing memory loss (e.g., mild cognitive impairment, early onset Alzheimer’s disease, mild Alzheimer’s dementia) and their caregivers. Memory Care teaches memory techniques and strategies to lower stress and stimulate the mind and the body. The program takes an innovative approach to memory loss by working directly with people with memory challenges and those involved with their care.

CURRICULUM FEATURES
- Each weekly session consists of three 1-hour components comprised of:
  - **Memory Training**
    - Memory Training teaches practical techniques for enhancing memory performance featuring the UCLA Longevity Center’s evidence-based memory exercises.
  - **Mind-Body Connection**
    - Participants learn and practice alternative methods like tai chi, art therapy, music therapy, and dance to help stimulate the mind and body. Mindfulness exercises lower stress levels, enhance creativity, and help participants learn new strategies for living better longer.
  - **Social/Support Group**
    - Participants, family members, and caregivers have the opportunity to socialize with others and talk about how they cope with age-related memory issues. Both participants and caregiver support groups are led by trainers who facilitate discussions about living with memory difficulties and caregiving challenges.

MANUALS
A hard copy of the curriculum is provided to Licensee.
- 60+ Memory Training lessons
- 30+ Mind-Body lessons, as well as manual on group physical fitness
- 100 Topic of the Day cards
- Memory Training manual
TRAINING
Licensees attend a one or two-day training provided by a psychologist from the David Geffen School of Medicine at UCLA.

RECOMMENDATIONS
This program will be licensed to organizations only, not individuals.

Chemo Brain
Coming soon…
In addition to the licensed curriculums, licensee obtains use of the UCLA Longevity Center Logo’s for marketing purposes and is able to list their organization and/or trained associates as “UCLA Longevity Center Certified Memory Educator”.

**Type of Licensing**

We offer individual and organizational licensing based on the following criteria:

**Individual Entity (non-organizational):** Limited to use by one person. Licensee will hold the license not the organization the licensee works for or is associated with. Individual licensee cannot train others to teach the program or have an assistant while providing the course.

**Organization:** Organizations with *Multiple* associates at an organization will be trained to provide the course to clients.

For details on fees please contact Christina Domer at 310-206-1675.

*Discounts are provided for multi-license agreements. Two program licenses are given a 10% discount; three program licenses are given a 20% discount.*

*If on-site training is preferred, it can be arranged. However, licensee pays for travel expenses, (airfare, meals, and lodging), of one or two trainers when training is not at UCLA.*

**Questions**

Please contact Christina Domer at 310-206-1675 or CDomer@mednet.ucla.edu for any questions regarding licensing and pricing.