




**MEMORY BOOT CAMP**  
Online!

with  
Drs. Gail Eskes & Ryan Wilson

**Topic 2: Memory & Aging**

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**Topic 2:  
Memory & Aging**

- How does memory change with aging?
- What factors can affect memory?
- Good news about aging!
- Are my memory changes normal?



*Module 1: User's Guide to Memory*

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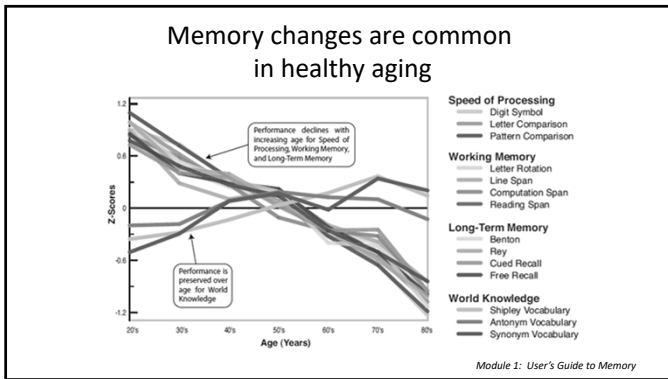
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### Factors that can affect memory, particularly as we get older

- Normal aging-related changes to the brain
- Medications
- Stress
- Poor sleep
- Depression, anxiety
- Heart disease, high blood pressure, hypothyroidism
- Brain diseases, disorders
- Our own beliefs about aging!

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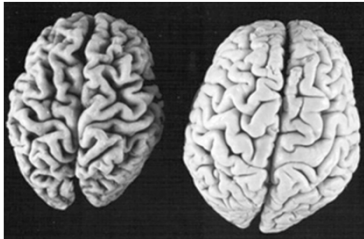
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### The aging brain



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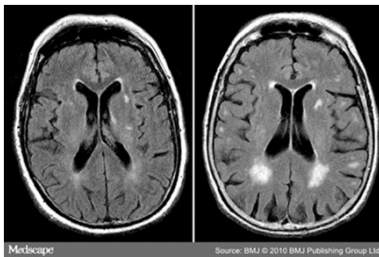
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### Disrupted connections



Medicaps

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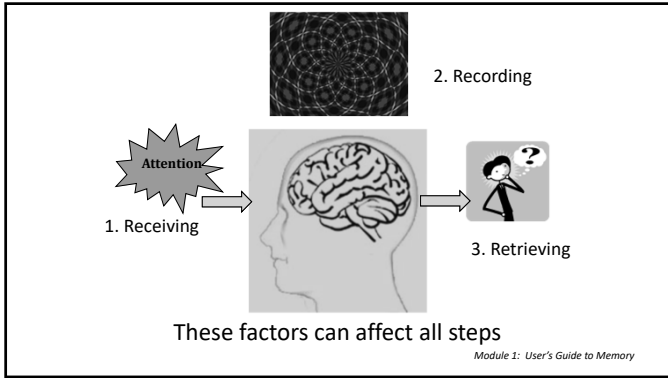
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**Not all memories are affected by normal aging**

- Episodic memory (memory for daily events) is most vulnerable, particularly recent memories
- Semantic memory (storehouse of facts & knowledge) remains strong, or even gets better
- Procedural memory for old skills may not change, but it can get harder to create new ones

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### Are my memory changes normal?

- Dementia (Alzheimer’s disease, vascular dementia) = significant changes to memory and/or other thinking skills that cause major problems in daily function
- Affected individuals are often unaware of their memory lapses, at least in the beginning
- Significant others may notice it first

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### Normal vs abnormal memory changes

Examples	Normal	Abnormal
Names	Forgetting names of people you have just met	Forgetting names of close family or family friends
Conversations	Forgetting details of a conversation	Forgetting that you had a recent important conversation
Parking	Forgetting where you parked at a familiar grocery store	Forgetting what your car looks like
Medications	Forgetting to take a dose of a med	Forgetting that you take medication

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### Memory can be improved at any age!

- Good memory is a skill that can be cultivated
- BUT, it takes
  - Understanding how memory works
  - Learning some strategies
  - Practice, practice, practice



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### Module 1: Wrapping it up

- Types of memory?
- Episodic, semantic, procedural
- 3R's to a good memory?
- Receiving, recording, retrieving
- Are all forms of memory affected by aging?
- Episodic most affected
- Semantic gets better!
- Procedural holds

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