

Student Senior Partnership Program (SSPP)

Home Visit #3 Curriculum: Memory and Cognition

Session Goals and Objectives:

- Gain understanding of normal aging and brain health
- Understand normal change with healthy brains and aging
- Explain how quality of sleep affects brain function.
- Develop skills in working collaboratively in an intraprofessional team

Pre-Visit

Before your phone call with your faculty advisor please review this Home Visit #3 curriculum, watch these short videos and be prepared to discuss.

Still Alice (movie clip) 4 ½ minutes

<https://www.youtube.com/watch?v=w1KCqIN8xPE>

Julianne Moore's character has been diagnosed with early-onset Alzheimer's and is a professor of linguistics. She is asked to speak at the local Alzheimer's Association by her neurologist and this is her speech...good example about preserving dignity for those experiencing dementia

Monkey Business Illusion (1min 41 – test attention)

https://youtu.be/IGQmdoK_ZfY

Your brain can only focus on one thing; this is what we call selective attention. When focusing on the white, you ignore the black, missing the giant gorilla. We cannot remember what we don't pay attention to; therefore, distracted people do not learn.

Home Visit

- Ask your senior the following questions: Are they concerned about their memory? What do they do to improve their memory? How is memory and cognition important in their every day life?
- Explore if your senior has any concerns about their memory.
 1. Explore ways your senior stays cognitively engaged.
 2. Ask about their sleep habits.

Post visit

Answer the following questions on the Reflection Tool and be prepared to debrief session with your student team and faculty leader

- 1) Did your senior express any concerns about their memory?
- 2) How does your senior stay cognitively engaged?
- 3) What 3 things did you learn and from who?
- 4) What happened today that surprised you?
- 5) How will what you learned today change the way you will care for an older adult?

Additional Resources:

Understanding Alzheimer's Disease Brown Bag April 28, 2016

<https://ondemand.usc.edu/SSW/Play/c073f965cafe460aab0a1fce0e4f895f1d>

AARP Staying Sharp Free games

Stay mentally **sharp** by working your memory and language skills with these fun, online **brain games**. Recommendations for fun ways to create simple habits that can help you improve and maintain brain health over time.

<https://stayingsharp.aarp.org/games#!>

Home Visit #3: Memory and Cognition – Post-visit Reflection

Following your home visit with your senior partner, write up a short reflection about your visit. Please answer the following questions and when complete email your responses to your faculty leader before your post-visit discussion.

1. What does your senior do to maintain cognitively engaged?
2. Did your senior express any concerns about the aging process?
3. What three things did you learn and from whom?

4. What happened today that surprised you and you didn't expect?

5. How will what you learned today changed the way you think about caring for an older adult?