Abstract Submission

Title: The Amica Cognitive Well-Being Program: Maximizing Capacity for Residents

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Keywords: Cognition, Ageing, Dementia, Well-Being, Residents, Memory, thinking, behavior, support, culture change

Abstract

Physical aging is widely accepted, and as a result, adaptive devices, tools and supports are implemented to compensate for physical challenges. Cognitive aging and dementia, on the other hand, tend to be stigmatized, with less awareness, understanding and acceptance. As a result, techniques and strategies to address both normal and abnormal cognitive aging are underutilized.

The Amica approach to supporting cognitive well-being has a conceptual framework that applies to all Residents, whether they live in Independent living, Assisted Living or Memory Care. Through awareness, education and Team Member training, we maximize how Residents think, feel and function. Team Members receive extensive Amica-developed training in the areas of: 1) normal and abnormal cognitive aging, 2) personalization through Discovery, 3) a Cognitive Aging and Dementia Interactive experience (CADIE), and 4) a unique Behavior Support Program (BSP) that shares responsibility across all Team Members.

Focusing on simple, effective and sustainable approaches, Residents live purposeful and meaningful lives with support that is balanced across multiple domains including an increased emphasis on goal attainment and psychological well-being. Empowering and supporting Residents to maximize potential is the goal. In this session the Amica Cognitive Well-Being Program will be shared with heightened emphasis on; 1) the culture change that was required, 2) multiple success stories, 3) the role and emphasis on neuroplasticity, and 4) general principles that can be utilized to benefit Residents living in any community, any environment, and anywhere along their cognitive journey.

Biography

Heather Palmer is currently the National Director, Cognitive Well-Being and the Founder and Director of Cognitive Rehabilitation for Maximum Capacity Inc. After completing her PhD in Neuropsychology from the University of New South Wales Australia, she carried out a 3 year postdoctoral fellowship at the Rotman Research Institute, Baycrest Centre and then went on to become the Research Director for the Alzheimer Society of Canada. With over 30 years of scientific and clinical experience in the area of brain-behaviour relationships. Heather has been inducted into the Havergal College Hall of Distinction for her contribution to seniors brain health. Heather has many publications and speaks internationally on the topic of neurocognitive rehabilitation for seniors and cancer survivors. She designs and teaches techniques and strategies to help people 're-wire' their brain so they can think, feel and function their best. Currently she provides supportive, educational and innovative cognitive well-being programs for all communities managed by Amica Mature Lifestyles, with a primary focus on the Memory Care and Assisted Living neighbourhoods

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Presentation Category:
Oral or Workshop
Track:

- Ageing and Dementia
- Dementia Care and Awareness