



Develop New Brain Cells into your 80's

Introduction

Dementia Training for Life, LLC

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- Adjunct Professor at Johnson and Wales DOT
 - Founder of RI Memory Cafés



Objectives:

- Participants will be able to:
 - Adapt their current programs and care to promote improved cognitive function, even for those with neurodegenerative conditions.
 - Implement preventative techniques for brain aging.
 - Provide community resources on healthy aging.

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New research has proven that we can create new nerve cells and connections well into our later years... and even improve cognition and quality of life.



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Assisted Living Industry

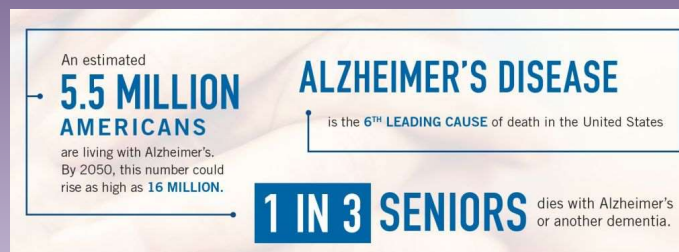
- It's **purpose** is to help adults live independently in a safe environment.
- **Business**
 - Maintain health and wellbeing
 - Differentiate from competitors
 - Become a resource for the community



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Top Fears of Elders

- Losing their independence:
Becoming disabled and dependent on others
- Developing Alzheimer's or other neurodegenerative conditions



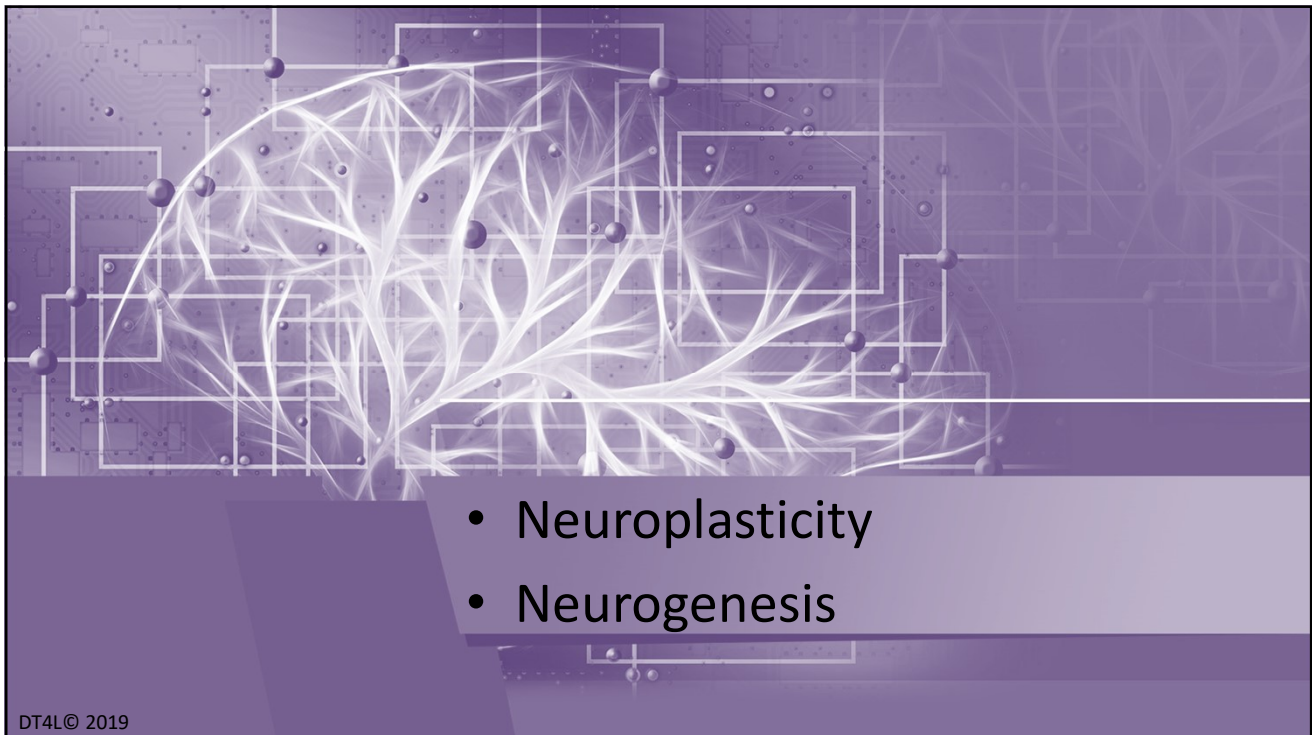
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What are the risk factors for memory loss?

9 risk factors, that we can control!

- low levels of education
- midlife hearing loss
- physical inactivity
- hypertension
- type 2 diabetes
- obesity
- smoking
- depression
- social isolation

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Models of Care

- Supportive
- Proactive
 - Preventative



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5 Keys to stimulating brain function and development

- Sleep
- Exercise
- Diet
- Social Stimulation
- Intellectual Stimulation



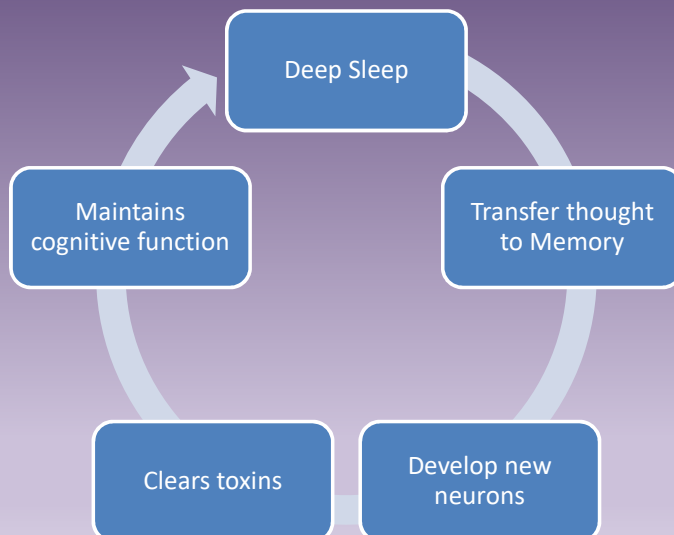
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Sleep

- Research suggests that sleep plays several rolls in Memory
 - Memory Consolidation
 - Proliferation of neurogenesis
 - Removal of toxic buildup of amyloid plaque



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Disruptions in sleep:

- Impairs memory
- Impairs function
- Impairs balance
- Impairs new brain development
- Promotes buildup of Amyloid plaque

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Exercise



- Benefits of Exercise
- Reduce Insulin resistance
- Increases heart rate
- Improves balance
- Improves mood, sleep, stress
- Improves Memory

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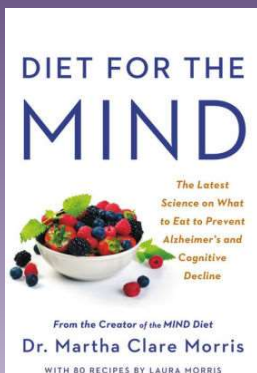
How much exercise?

- walk briskly for one hour, twice a week
- ½ hour of moderate physical activity most days; 150 mins a week
- And strength exercises two or more days a week



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Diet



**Mediterranean-DASH
Intervention for
Neurodegenerative
Delay**

Strick adherence

↓ **54%**

Part time adherence

↓ **35%**

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Mind Diet

- Green leafy vegetables: 6 servings/week
- Other vegetables: 1/day
- Nuts: 5 servings/week
- Berries: 2+ servings/week
- Beans: At least 3/week



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Mind Diet

- Whole Grains: 3 or more/day
- Fish: 1X / week
- Poultry: 2xs/week
- Olive oil: Use it as your main cooking oil.
- Wine: One glass a day



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Avoid

- Red meat: < 4 servings/week
- Butter and margarine: <1Tbl. daily
- Cheese: < 1 serving /week
- Pastries and sweets: < 5/week
- Fried or fast food: < 1 /week



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Social Stimulation

- Peer to Peer
- Multigenerational
- Tap into the residents experiences and skills for the community

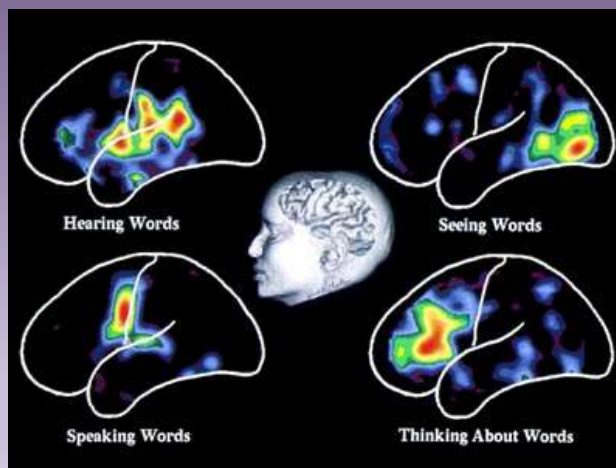
Purpose!



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Intellectual Stimulation

- The Arts
- Languages
- Cultural Events
- Play a musical instrument
- Read or Journal
- Try anything NEW!



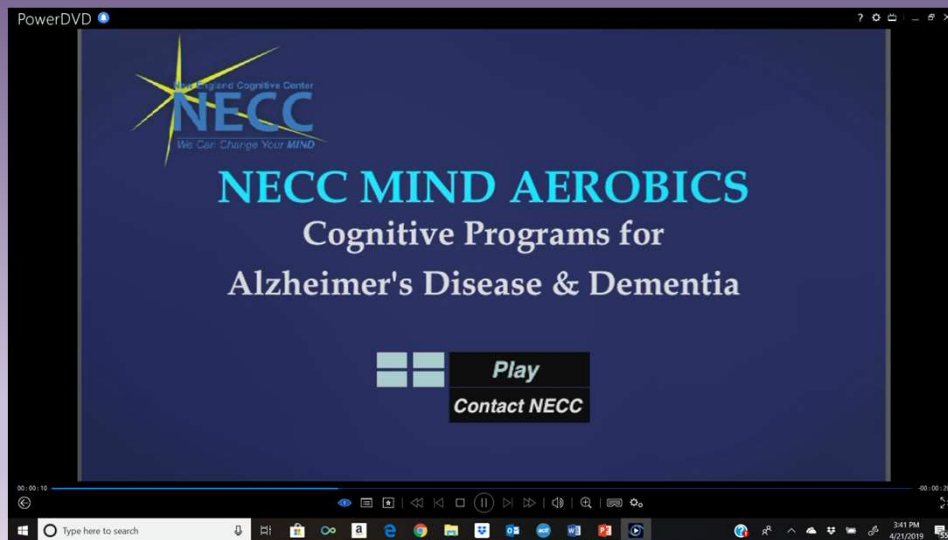
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Think Outside of the Box



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Programs and Technology



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NECC Mind Aerobics

- 24 one hour group sessions of standardized activities stimulating:
 - Reaction Time
 - Visual/Spatial Skills
 - Attention
 - Memory
- Language
- Problem solving

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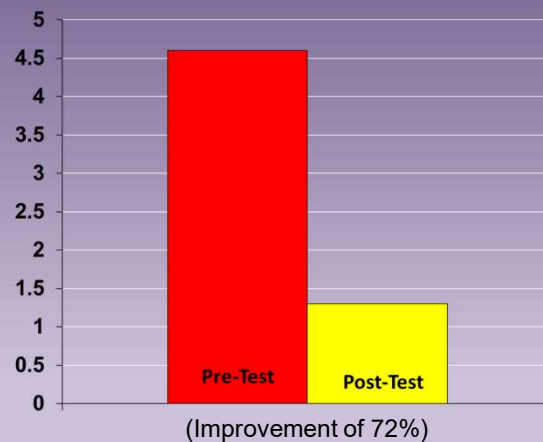
Normal/Healthy (Mind Sharpener Program)

Improvement at Post-Testing	Medium Improvement at Post-Testing	Large Improvement at Post-Testing	No Improvement at Post-Testing - Stability
Global cognitive ability	Delayed verbal memory	Immediate verbal memory	Simple attention
Perceptual speed	Divided attention	Verbal recognition	Language/verbal fluency
Working memory			Confrontation naming
Immediate visual memory			Memory self-efficacy
Delayed visual memory			
Visual recognition memory			
Visuospatial skills			
Executive functioning			
Depression			

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Geriatric Depression Scale



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Non-Cognitive Outcomes

- Improved alertness
- Decreased level of depression
- Lessening of agitated behaviors
- Decrease in self-isolation
- Return of humor
- Enhanced socialization
- Improvement in activities of daily living
- Improved Quality of Life



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Light at the end of the tunnel



Take Control
Actively Promote Aging
Healthy Lifestyle Choices
Try new and challenging tasks
Think out of the box!

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Maintain independence
Promote Choice
Keep your residents longer
Improve your bottom line

Become the destination
for aging.

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A stylized brain graphic composed of white neural connections and purple nodes, overlaid on a purple background with a circuit-like pattern. The brain is the central focus, with its intricate network of fibers and nodes. The background features a grid of white lines and small purple spheres, suggesting a digital or technological theme.

Dementia Training For Life, LLC
Training = Caring

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