Course Title: Aging and the Brain  
Course Code: WSP 259  
Instructor: Simon Tan

Tentative Schedule:

10:00-10:15  **Orientation to the Day**  
- Introductions  
- Overview of learning objectives  
- Overview of topics for the day  
- Opening discussions/questions

10:15-10:30  **Basic Dementia Facts**  
- Definition  
- General Characteristics  
- Etiologies  
- Types  
- Classification Scheme  
- Epidemiology & Prevalence

10:30-10:45  **Myths of Ageing**  
- 14 Basic Myths

10:45-11:15  **Normal Cognitive Aging**  
- General Assumption  
- MOAN Studies  
- Typical Cognitive Aging Pattern

11:15-12:00  **Beyond Age-Related Changes**  
- Mild Cognitive Impairment (MCI) Criteria  
- MCI Controversies  
- Key MCI points  
- Heterogeneity of MCI  
- MCI Outcomes

12:00-1:00  **Lunch**

1:00-1:30  **Depression and Aging**  
- Prevalence  
- Dysthymia vs. Major Depression  
- Predisposing factors to depression  
- Drugs causing or aggravating depression  
- Medical Illnesses associated with depression  
- Structural/metabolic changes with depression  
- Cognitive Profile  
- Reasons for Misdiagnosis  
- Rationale for Accurate Diagnosis  
- Prognosis

1:30-2:00  **Alzheimer’s type Dementia**  
- Key Facts
- Risk Factors
- Etiologies
- AD Pathology
- Neuroimaging Findings
- Cognitive Assessment
- AD vs. Depression
- Severity/Stage Levels
- Diagnosis

2:00-2:30 **Depression plus Alzheimer’s Dementia**
- Late-Life depression as AD risk factor
- Prevalence of depression in AD
- Mechanisms/Models linking depression to AD
- Apathy
- Measuring Apathy and Depression with Rating Scale

2:30-3:00 **Non-Depressive Psychiatric Disturbances in Late-Life**
- Late-Life Psychoses
- Dementia vs. Mood-related psychiatric disturbances

3:00-4:00 **Non-Alzheimer’s Type Dementias**
- Parkinson’s disease
- Dementia with Lewy Bodies

**Part II:**

10:00-10:15 **Part I Review**
- Overview/Questions from Day 1

10:15-11:15 **Frontotemporal Dementia (FTD)**
- Incidence
- Genetics
- Presenting Features
- Neuropsychological Tests with FTD
- Theory of Mind concept
- Cognitive Profile of Varying FTD types
- Motor Presentation
- Comparisons to AD and Major Depressive Disorder
- Logopoenic Aphasia

11:15-11:30 **Vascular Dementia**

11:30-12:00 **Non-Dementias**
- Delirium
- Delirium vs. Dementia
- Delirium vs. Mood Disorders

12:00-1:00 **Lunch**

1:00 - 1:45 **Neuropsychological Assessment of Dementia**
- Potential dementia referrals
- Clinical Interview
- Mood Measures (GDS, BDI-II)
- Cognitive Screens (MMSE, MOCA, DRS-2)
- Shortcomings of Cognitive Screens
- Absolute vs. Relative Scores
- Unitary vs. Multi-Factorial Aspects
- Importance of Assessment
- Anosognosia
- Key Assessment Points

1:45-2:15 Management Considerations
- Environmental Strategies
- Behavioral Strategies
- Different Therapies
- Therapeutic Interventions
- Memory Strategies (Internal vs. External Memory Aids)

2:15-2:45 Cognitive Reserve Hypothesis
- Definition
- Relation to AD Pathology
- Software-based cognitive training and brain games
- Research studies
- Brain Plasticity

2:45-3:15 Management of Risk Factors
- Diet
- Physical Activity
- Depressed Mood

3:15-3:30 General Recommendations on Improving Care
3:30-3:45 DSM-V Revision
3:45-4:00 Case Examples

Grade Options and Requirements:
- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Students must attend all class sessions.