Course Title: Aging and the Brain
Course Code: SCI 02
Instructor Name and Bio: Simon Tan PsyD ABPP ABAP MS
Simon Tan’s teaching and research interests are in behavioral neurology, specifically dementia-associated disorders. He completed an internship in clinical psychology and two postdoctoral fellowships in clinical neuropsychology at Harvard Medical School. Earlier, he was a clinical neuropsychologist at NYU Medical Center. Tan is board-certified in both clinical neuropsychology through the American Board of Clinical Neuropsychology and psychological assessment through the American Board of Assessment Psychology. He received a PhD in clinical psychology from Yeshiva University.

Class Sessions and Recording
Meeting days and times: November 5-6 from 9AM-3PM
Meeting location: Zoom (details will be shared with registered students prior to first class meeting)

The class sessions will be recorded

Course Features
- Live session
  - Lecture with some Q&A
- Assignments & Coursework
  - none

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.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Textbooks/Required Materials
No required textbooks

Please contact the Stanford Continuing Studies office with any questions
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650-725-2650
Tentative Course Outline

9:00-9:15  Orientation to the Day
  - Introductions
  - Overview of learning objectives
  - Overview of topics for the day
  - Opening discussions/questions

9:15-9:30  Basic Dementia Facts
  - Definition
  - General Characteristics
  - Etiologies
  - Types
  - Classification Scheme
  - Epidemiology & Prevalence

9:30-9:45  Myths of Ageing
  - 14 Basic Myths

9:45-10:15 Normal Cognitive Aging
  - General Assumption
  - MOAN Studies
  - Typical Cognitive Aging Pattern

10:15-11:00 Beyond Age-Related Changes
  - Mild Cognitive Impairment (MCI) Criteria
  - MCI Controversies
  - Key MCI points
  - Heterogeneity of MCI
  - MCI Outcomes

11:00-11:30 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

11:30 -12:00  Alzheimer’s type Dementia
  - Key Facts
  - Risk Factors
  - Etiologies
  - AD Pathology
  - Neuroimaging Findings

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- Cognitive Assessment
- AD vs. Depression
- Severity/Stage Levels
- Diagnosis

12:00-1:00 Lunch

1:00-1:30 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

1:30-2:00 Non-Depressive Psychiatric Disturbances in Late-Life
- Late-Life Psychoses
- Dementia vs. Mood-related psychiatric disturbances

2:00-3:00 Non-Alzheimer's Type Dementias
- Parkinson's disease
- Dementia with Lewy Bodies

Part II:

9:00-9:15 Part I Review
- Overview/Questions from Day 1

9:15-10:15 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

10:15-10:30 Vascular Dementia

10:30-11:00 Non-Dementias
- Delirium
- Delirium vs. Dementia
- Delirium vs. Mood Disorders

11:00 - 11:45 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

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- Key Assessment Points

11:45-12:00 **Management Considerations**
- Environmental Strategies
- Behavioral Strategies
- Different Therapies
- Therapeutic Interventions
- Memory Strategies (Internal vs. External Memory Aids)

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

1:00-1:30 **Cognitive Reserve Hypothesis**
- Definition
- Relation to AD Pathology
- Software-based cognitive training and brain games
- Research studies
- Brain Plasticity

1:30-2:00 **Management of Risk Factors**
- Diet
- Physical Activity
- Depressed Mood

2:00-2:30 **General Recommendations on Improving Care**

2:30-2:45 **DSM-V Revision**

2:45-3:00 **Case Examples**