Course Title: Aging And The Brain
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COURSE DESCRIPTION:
Have you ever walked into a room and forgotten why you came in? Do you constantly misplace your wallet or car keys? These “senior” moments are events adults of any age can identify with, often eliciting a mild chuckle from friends and family members. So at what point do these seemingly innocuous moments become something more? This course will provide a comprehensive understanding of normal cognition in older adults and dispel many societal myths about aging. Pertinent issues will be addressed, including: What is normal cognitive aging and what are its stages? Is it different from something like Alzheimer’s disease? What is dementia and what are its causes and symptoms? Can one recover from the effects of cognitive decline? How can we separate normal forgetting from depression and lack of motivation? This course will also touch upon some controversial issues such as the notion of brain fitness and the capacity for consent to treatment.

Outline:

- Orientation to the Day
- Basic Dementia Facts
- Myths of Ageing
- Normal Cognitive Aging
- Beyond Age-Related Changes
- Depression and Aging
- Alzheimer’s type Dementia
- Depression plus Alzheimer’s Dementia
- Non-Depressive Psychiatric Disturbances in Late-Life
- Non-Alzheimer’s Type Dementias
- Frontotemporal Dementia (FTD)
- Vascular Dementia
- Non-Dementias
- Neuropsychological Assessment of Dementia
- Management Considerations
- Cognitive Reserve Hypothesis
- Management of Risk Factors
- General Recommendations on Improving Care
- DSM-V Proposed Revision
- Case Examples