

MEMORY TRAINING

Enhancing Memory Power in Old Age

July (6-10), 2013



Jointly organised by:

AGEING NEPAL,

EURAG Memory Training Center and

Czech Society for Memory Training and Brain Jogging

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Acknowledgement

Ageing Nepal is privileged for the opportunity to organise the first ever memory Trainer's Training in Nepal, 6-10 July 2013, Kathmandu, with focus on enhancing the memory power in later life. Ms. Dana Steinova, Head of Czech Society for Memory Training and Brain Jogging, EURAG, not only took the initiative to create a core tem of Memory Trainers in Nepal but also travelled all the way from Prague, Czech Republic, bearing all the costs involved on her own. We all trainees and Ageing Nepal is deeply obliged to and appreciative of her commitment for enhancing the quality of elders' life across the globe.

I would like to record our deep appreciation of Mr. Eric Reid, 84, who travelled all the way to Nepal only to work hard for a week as a Memory Trainer. Eric has been working for the wellbeing of older people in Europe for over a decade. His contribution to Ageing Nepal and entire senior citizens of Nepal would remain momentous.

I also take this opportunity to express a deep sense of gratitude to all staff members of Ageing Nepal for their hard work, support and cooperation during the training programme. I would also like to congratulate to all the participant trainers for their successful completion of the training course and wish for their better performance in the days ahead.

I am also thankful to Mr. Ashish T. Magar, Programme Officer of Ageing Nepal and the trainee, for his hard work in making the Training a success and his dedication in preparing this report.

Krishna M. Gautam
Founder Chairperson
Ageing Nepal

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1. INTRODUCTION

MEMORY TRAINING - ENHANCING MEMORY POWER IN OLD AGE, a five day long training jointly organised by Ageing Nepal, Czech Society for Memory Training and Brain Jogging, and European Federation of Older Persons EURAG Memory Training Centre. This was the first ever memory trainer's training organised in Nepal. The training held from 6th – 10th July 2013 in the premises of Ageing Nepal at Battisputali of Kathmandu, Nepal where Ms. Dana Steinova from Czech Society for Memory Training and Brain Jogging was the lead facilitator.

The training included 40 hours course, both theoretical and practical. Seven participants who are working in the field of ageing in Nepal took part in the training. The participants had to go through written as well as verbal test in order to get the certificate to work as a Memory Trainer. The main aim of the training was to produce qualified trainers who can facilitate memory training classes for person suffering from mild cognitive impairment or dementia. Besides, the trainers can provide classes to the general public.

2. OBJECTIVES OF THE TRAINING

The prime objective of the training was to produce qualified trainers with the following potentials in order to facilitate memory training for senior citizens effectively:

- Understand what memory is, how it changes with age, and factors that can impact memory for the better or for the worse.
- Identify and implement changes to improve memory of senior citizens.
- Enable senior citizens to apply well established techniques and strategies for remembering things of importance in their daily lives in order to prolong their independence.
- Use the "Therapy of pleasant shock" whereby the participants verify through concentration tests and the use of complex strategies such as association and visualisation that their memory is still functional. As a result trained senior citizens approach any new information in the positive expectation that they will remember it and this does affect the result.
- Use an individual approach and adjust training to the abilities of the clients in order to ensure that they succeed and experience a feeling of victory through their efforts.
- Change senior citizens' attitude toward their own memory problems so that they cease to perceive them as an inevitable and negative part of the ageing process and realise that their fate is largely in their own hands.
- Memory training is a combination of cognitive training and relaxing psychometric exercises. It serves as a platform for social contact with similarly motivated senior citizens.
- Memory training is an effective tool in promoting self sufficiency and the prolonged independence of our ageing population which is resulting from our greater life expectancy and changes in demography. It is the cheapest

solution from the economical point of view and the most dignified way of ageing for individuals.

- Use new skills in order to help to re-discover the potential and increase self-confidence, self-esteem and the quality of life of the senior citizens.
- Avoid short term memory lapses of the senior citizens by using well proven techniques.
- Learn and practice memory strategies to improve ability to remember everyday things such as names, locations of items, and things you intend to do.

3. PROGRAMME SCHEDULE

Day 1 – Demographics

- Memory lapses-what we have to worry about and when we can blame nature
- Different stages of memory
- Common inability to concentrate
- Mnemonics an effective way of compensating for the imperfection of our memory
- Acrostics and Acronyms
- Concentration tests
- Brain structures and brain functions

Day 2-Theories of forgetting

- Eyewitness and distorted memories
- Neurobics
- Categorisation
- Shopping list of 100 items
- Concentration tests
- Decoding from long term memory
- Warm up exercises

Day 3-Dominance of brain hemispheres

- Common aversion against numbers
- How to remember telephone numbers
- The secret of remembering lines of many digits, regardless of length
- Strategy of the First Letter
- Concentration tests
- Sensory Memory: Training the sense of smell, sense of taste, sense of touch, vision, hearing, letter games, complex word games

Day 4-TOT phenomenon /on tip of the tongue

- How to remember names and faces
- LOCI technique
- Concentration tests.
- External and internal memory strategies
- Encoding the long term memory: language exercises
- Exercises to improve concentration and creativity

Day 5-Healthy aging versus dementia

- Peg-word system suitable for complicated lists
- Concentration tests
- How to build reserve brain capacity
- Presentation of a memory training lesson (60 minutes)
- Practical work: Creating a script for a memory training lesson
- Keep-fit exercises

4. ACTIVITIES

Day one (6th July 2013)

Mr. Krishna M. Gautam, Founder Chairperson of Ageing Nepal formally inaugurated the training programme highlighting its future utility. Mr. Eric Reid, FRCS, Memory Trainer, gave information on global issues of ageing situation including his own experience as a background on which the training programme is set. Ms. Dana Steinova started the training with introduction of participants and the course objectives. The participant trainers were told about background of the memory training including its history and development. The participants were also taught about the body language exercise named "Decathlon", during the first day. The timetable for all sessions was prescheduled which were strictly followed from the very first day till the end of the training programme.



Participants performing Decathlon during the training

Day two (7th July 2013)

The 2nd day started with revision of the previous day's assignment i.e., Decathlon. Ms. Steinova focused on how to remember names of 44 Presidents of the United States of America using Mnemonics. Besides, participants were introduced to theories of forgetting, eyewitness and distorted memories, neurobics, categorisation, warm-up exercises, decoding from long term memory and concentration tests.

Day three (8th July 2013)

The 3rd day of the training focussed on how to remember many lines of digits (i.e., 100 digit PI), regardless of its length. Most senior citizens often forget the important telephone numbers, important dates and so on. The rationale behind teaching this technique was to make the participant trainers able to help senior citizens remember their telephone numbers and dates or any number of

importance for their independent living. Supporting sessions on strategy of first letter, concentration test, training the sense of smell, sense of taste, the sense of touch, vision, hearing, letter games, complex word games, etc. were also introduced.

Day four (9th July 2013)

As usual, participants were asked to revise the previous day's assignment. Ms. Steinova emphasised on how to remember the whole year's calendar applying special formulae. Besides, the participants were introduced to external and internal memory strategies, encoding the long term memory (language exercises), exercises to improve concentration and creativity.



Putting up their efforts to solve given assignment i.e., concentration test

Day five (10th July 2013)

This was the last day of the training programme. All the participants went through written as well as verbal tests in order to obtain certificate. After completion of all the tests, Ageing Nepal organised a small programme for the distribution of certificates to the participants.

Ms. Sangita Nirola, Country Director of HelpAge International Nepal who was invited as guest speaker in the programme shared her few words about HAI Nepal and its relationship with the partner organisation Ageing Nepal. Likewise, certificates to the participants were distributed by Mr. Shridhar Lamichhane. Mr. Lamechhane is the Vice-president of Alzheimer's and Related Dementia Society (ARDS) Nepal.



Ms. Dana Steinova signing in the certificates



Vice-president of ARDS Nepal Mr. Shridhar Lamechhane handing over certificate to the participant



Group photo with Ms. Sangita Nirola (2nd from left), Country Director of HAI Nepal and Mr. Shridhar Lamechhane (2nd from right), Vice-president of ARDS Nepal on the 5th day

5. CONCLUSION AND WAY FORWARD

This was the first memory training organised in Nepal with focus on enhancing the memory of older people. The knowledge and skills gained by seven trainees who went through this rigorous 40 hours course in a week time, will go a long way in serving the older people of Nepal in the coming days.

The training was built on the ground that the training helps to enhance memory power of senior citizens, which helps them remember important dates, telephone numbers, life stories/events and so on. Senior citizens who take memory training get surprised by their own memory power. This sort of trainings ultimately helps them to lead a dignified life. For instance, people are really astonished to see older people who can remember 100 digits of PI, whole year calendar, many telephone numbers and life events. Such capability helps older people not only to enhance their degree of independent living but also help them earn respect from their fellow beings.

The memory training has its own importance being the first of its kind in Nepal. However, the training manual has to be translated into Nepali language and contextualised into Nepali context. For example, name of 44 presidents of the United States of America could be difficult for Nepali older people to memorise, so in that case it can be replaced by the names of presidents of Nepal. Similarly, the manual contains several names, items and games which a normal elderly citizen of Nepal might never have heard of it. Therefore in this context, all those names, items and games can be replaced by the one that every senior citizen is familiar with. A thus prepared manual will be pre-tested under supervision of Ageing Nepal and necessary improvements will be made before using it for actual training. The manual will be reviewed after every 2-3 training programmes to see if there is any room for improvement.

6. BRIEF INTRODUCTION OF ORGANISATIONS INVOLVED

6.1 BRIEF INTRODUCTION TO EURAG AND CZECH SOCIETY FOR MEMORY TRAINING AND BRAIN JOGGING

European Federation of Older Persons EURAG Memory Training Centre is sponsored by the Czech Society for Memory training and Brain Jogging which is the educational institution with accreditation of the Czech ministry of labour and social affairs. It is a member of AGE Europe since 2009, European Social Platform since 1998 and has an advisory status with council of Europe and a consultative status with the Economic and Social Council of United Nations since 1984. EURAG is a non-profit and non-religious European organisation independent of any political agenda. Its purpose is to promote the quality of life of elderly people in society, at all social and political levels, through advocacy, in particular. It especially promotes the co-ordination, collaboration and exchange of opinions by its members with expert and service organisations, self-help groups as well as with individuals possessing special expertise.

(NOTE: To know more about Czech Society for Memory training and Brain Jogging, visit: <http://www.trenovanipameti.cz/index.php?lang=en>)

1.2 BRIEF INTRODUCTION TO AGEING NEPAL

Ageing Nepal is a not-for-profit Non-Government Organisation (NGO) established in 2011, registered with the government of Nepal and is also affiliated to the Social Welfare Council. Ageing Nepal is a member based organisation operated by trustees, member's representatives and professionals. It draws on its wide network of members and professionals in and out of the country for accomplishment of a task with high degree of professionalism. It works only on the issues of older people.

Objectives of Ageing Nepal

- To link ageing population and societal development by treating ageing as an opportunity for development,
- To establish sustainable system of social protection to guard against poverty in old age,
- To promote healthy, active and productive ageing through promotion of volunteerism among elders in particular,
- To meet the growing demands for access to quality health care, including long-term care for the elderly,
- To promote age friendly environment,
- To work with the government and other national and international organisations for the promotion of elders' wellbeing.

Mission of Ageing Nepal

- Empowerment of elders and promotion of their rights,
- Generate research based information to help policy makers and planners,
- Produce trained human resources in the field of Gerontology and Geriatrics,
- Take proactive measures against abuse and exploitation of elders,
- Work as watch-dog to safe guard the interests of ageing population.

Vision of Ageing Nepal

With a life time of hard work, senior citizens of today deserve a dignified and cared for old age, not as a charity from the younger generation but as the right

of their own. As elders are the living history of a society, it is important to utilize their knowledge, skills and experience for socio-economic development. Today's youth should be able to plan for their happy old age and today's elders should get a dignified and cared for life full of happiness. It is the vision of Ageing Nepal that elders of Nepal will have such environment with facilities and services to suit their personal need, capacity and the taste.

Major Areas of Work of Ageing Nepal

Awareness building: Ageing Nepal publishes and disseminates materials for mass awareness building. It also works with state and private media; and social and professional groups.

Consultancy services: The available expertise and its large network of professionals make Ageing Nepal a suitable organisation for developing concept papers, project proposals, conduction of research, survey, workshop/seminar, policy formulation, programme/project planning, implementation, monitoring, evaluation and other such activities for scientific investigation that are related to ageing population and their wellbeing.

Human Resource Development: Ageing Nepal is poised to provide training for different groups namely health workers, teachers, old age home managers, care givers and other interest groups. Ageing Nepal works with academic institutions to promote research and teaching on ageing issues.

Major Achievements of Ageing Nepal in the last two years

Ageing Nepal is thankful to the government organisations, its members and hardworking professionals who made it possible for Ageing Nepal to achieve the following in its first two years of operation.

- (a) Continuation of monthly e-newsletter "**Voice of Senior Citizens**" that is appreciatively received by more than forty five hundred concerned organisations and individuals across the globe. Voice of Senior Citizens is the only window available for English readers to get periodic news on the elderly of Nepal.
- (b) Completion of student thesis, "Effects of Migrants on Wellbeing of Ageing Population in Rural Nepal".
- (c) Publication of New Year calendar containing motivational message of senior citizens in Nepal in collaboration with HelpAge International Nepal and Nepal Participatory Action Network (NEPAN).
- (d) Participation in capacity building workshop to support National Policy Responses to issues of ageing in Asia and Pacific held in Bangkok.
- (e) Publication of training manual for health workers concerning care of elderly in collaboration with Ministry of Health and Population (MoHP).
- (f) Commemorated WEAAD in collaboration with government, International Network for Prevention of Elder Abuse (INPEA) and national NGOs.
 - Conducted orientation/sensitisation programmes concerning elder abuse and population ageing in different colleges of Kathmandu Valley. 223 undergraduate students of five colleges were sensitized.
 - Most of the Kathmandu population was reached with stickers, pamphlets, posters and booklets with messages on elder abuse.
 - 90% of Nepal population was reached with talk show, interview, dramas and songs regarding elder abuse and neglect of older people

- through national Radios (Nepal Radio, Sagarmatha FM, and Capital FM) and TVs (NTV and Sagarmatha TV).
- Publication of article regarding elder abuse and neglect of older people in national dailies i.e. Gorkhapatra, Annapurna Post and Republica.
 - Produced soft copy of Collection of Student Essays on Elder Abuse.
 - Many Civil Society Organisations (CSOs) like NEPAN, Sankalpa Nepal, Human Rights Alliance and National Senior Citizens Federation including National Human Rights Commission and Ministry of Women, Children and Social Welfare got committed to observe WEAAD at national level.
- (g) Supported the thesis of two master's level student of University of Sheffield, concerning nutrition and depression among the elderly of Pharping area.
- (h) Started publication of 50 page bimonthly magazine "**Jyestha Nagarik**" in Nepali with support from HelpAge International Nepal. This is the first magazine of its kind for senior citizens in Nepal.
- (i) Published "Briddhoupanishad" (Upanishad for Senior Citizens) in Sanskrit with translation in Nepali and English.
- (j) Celebration of First National Festival of Senior Citizens on October 1 in co-ordination with Manmohan Memorial Foundation, NEPAN and HelpAge International Nepal.
- (k) Provided internship opportunity for students from Thames Int'l College, K&K Int'l College, Kathmandu Model College (KMC), National Integrated College (NIC), Kadambari Memorial College, Bright Vision Int'l College and Mega College.
- (l) Observed 64th World Human Rights Day with National Human Rights Commission (NHRC) and many other concerned organisations on 10th December.
- (m) Publication of first ever data bank, Year Book of Senior Citizens Nepal- 2012.
- (n) Organised 5 days long Memory Training: Enhancing Memory Power in Old Age in collaboration Czech Society for Memory Training and Brain Jogging and EURAG.
- (o) Successfully run the ADA for Rights 2013 campaign throughout the month of June with support from HelpAge International Nepal. Following are the achievement of the campaign:
- 45,586 signatures collected in the Petition Form by 28th of June 2013.
 - Quotes from 11 well known leaders from different facets of Nepali society were video recorded who spoke in support of ADA campaign for strengthening the rights of older people through UN Convention.
 - Written quotes from 9 ADA leaders currently working on ageing issues in Nepal were obtained.
 - 100,000 copies of pamphlets were distributed throughout the country. Assuming that at least 50% of the recipients read one of the pamphlets handed out to them, it can be said that at least 50,000 people of Nepal are now aware of the objectives of ADA campaign for rights 2013 and importance of UN convention for strengthening the rights of older people.
 - 5,000 copies of ADA sticker were produced and distributed throughout the country.

- 50 copies of ADA banners were produced and placed in various public places for public awareness.
- Telecasting of talks shows by 4 different National TV stations, with potential of reaching out to 90% of the total population of Nepal, with the central theme of "Strengthening the Rights of Older Persons through UN Convention".
- Broadcasting of talk shows by 3 different National FM radios on ADA campaign for Rights 2013.
- 30,000 people were reached twice with the objectives ADA campaign for Rights 2013 through the state print vernacular media, Gorkhapatra daily.
- 15,000 people were reached thrice with the message about importance of ADA campaign for Rights 2013 through state owned English print media, The Rising Nepal daily.
- 12,000 people were reached with the central theme of strengthening the rights of older people through UN convention via Samacharpatra daily, a Nepali language private print media.
- More than 15,000 people were reached with the message of ADA for Rights campaign 2013 through Annapurna Post daily.
- Coordination and collaboration with Rotary International and Scout.
- More than 30 organisations including Ministry of Women, Children and Social Welfare (MoWCSW), and National Human Rights Commission (NHRC) were coordination and collaboration.
- 12 academic institutions such as schools and colleges were involved in ADA campaign.
- More than 500 volunteers including students, social workers, OAHs staffs and residents were mobilised.
- 11 districts of Nepal, namely, Kathmandu, Lalitpur, Bhaktapur, Kavre, Dang, Ramechhap, Baglung, Syangja, Dhading, Gorkha and Chitawan were focused for signature campaign.
- More than 1,000 people were distributed WEAAD ribbons.

(NOTE: To know more about AGEING NEPAL, visit: <http://ageingnepal.org.np/>)

7. ANNEX

7.1 List of participant trainers

- Mr. Krishna M. Gautam, Ageing Nepal
- Mr. Ashish T. Magar, ICA, IGNOU
- Mr. Bhumidatta Poudel, University Campus TU
- Mr. Rojesh Shrestha, K & K Int'l College
- Ms. Mina Adhikari, K & K Int'l College
- Ms. Puja Dahal, K & K Int'l College
- Ms. Sangita Khadka, Shankar Dev Campus

7.2 Banner of the training programme



The banner features a blue brain icon with neural connections on the left. The main text reads: *Enhancing memory power in old age* in red, **Memory Training** in large blue letters, and **July (6 - 10), 2013** in black. Below this, it says *Jointly organised by:* in red. At the bottom, there are three logos: Ageing Nepal (AN) 2011, EURAG EUROPE (European Federation of Older Persons), and the Czech Society for Memory Training and Brain Jogging.

Enhancing memory power in old age
Memory Training
July (6 - 10), 2013

Jointly organised by:


Ageing Nepal
Battisputali, Kathmandu


European Federation of Older Persons
EURAG Memory Training Center


Czech Society for Memory Training
and Brain Jogging

7.3 A copy of certificate provided to the participants



Ageing Nepal
Battispatali, Kathmandu



Czech Society for Memory
Training & Brain Jogging



European Federation of Older Persons
EURAG Memory Training Center

ENHANCING MEMORY POWER IN OLD AGE

MEMORY TRAINING BASIC LEVEL COURSE

6th to 10th July 2013, Kathmandu, Nepal

CERTIFICATE OF ATTENDANCE

Mr / Ms

Has successfully completed the 40 hour course for Memory Trainers that included theoretical and practical exams and is qualified to facilitate Memory Training classes for the general public. The program can be modified for other target groups, e.g., persons suffering from mild cognitive impairment or dementia.

Content of the course:
How memory works, Strategy and philosophy of memory training, Mnemonics, Training of concentration and creativity, Language exercises, How to build the reserve brain capacity.

EURAG MEMORY TRAINING CENTER is sponsored by the Czech Society for Memory Training and Brain Jogging which is the educational institution with accreditation of the Czech Ministry of Labour and Social Affairs No 2008/372-1
Certificate Issued on : 10th July 2013, Kathmandu, Nepal



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Shridhar Lamichhane
Vice Chairperson
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