COURSE NO: 52-11-71

TITLE: HEALTH LITERACY: UCLA MEMORY TRAINING

PROGRAM: Older Adults

CREDITS: 0

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

Based upon research conducted by Dr. Gary Small at the UCLA Longevity Center, UCLA Memory Training is an evidence-based program designed to improve memory performance. This competency-based course focuses on the four top memory complaints: Forgetting names and faces; forgetting to do things in the future; forgetting where you put things; knowing something you can’t immediately recall, the “tip-of-the-tongue” memory challenge. Using skill-building exercises, memory quizzes and group discussion, this course includes strategies like organization, association and imagery to make information more memorable.

PREREQUISITES:

None

NOTE:

THIS COURSE MUST BE TAUGHT BY A CREDENTIALED DACE TEACHER WHO HAS EARNED LEADER CERTIFICATION IN THIS EVIDENCE BASED PROGRAM, UCLA Memory Training.

THIS COURSE MAY NOT BE OFFERED WITHOUT PRIOR APPROVAL OF THE PROGRAM FOR OLDER ADULTS ADVISOR. CALL (213) 241-3167 FOR IMPLEMENTATION GUIDELINES.

After a student has completed this course, he/she may not be allowed to re-enroll in the course.