

Workshop & Paper Block C

3:30-4:30 p.m.

Workshop #8

Regency E

34) Spaced Retrieval: A User-Friendly Cognitive Rehabilitation Strategy for Persons with Dementia – Jeff Small

Objectives: At the end of this session, attendees will:

1. describe how Spaced Retrieval memory training (SRT) has been employed in the domains of semantic, prospective, and episodic recent memory;
2. watch and practise SRT and observe how to utilize a SRT app when delivering the training protocol; and
3. achieve a deeper appreciation of the relevance and functionality of using SRT with persons who have dementia.

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Spaced Retrieval: A User-Friendly Cognitive Rehabilitation Strategy for Persons with Dementia

Jeff Small

The presenter has conducted research on and been a consultant for Spaced Retrieval memory training (SRT) since 2009. Research findings indicate that people with dementia can benefit from SRT in the areas of semantic memory (re-establishing face-/object-name associations), prospective memory (remembering to carry out future intended actions), and episodic recent memory (remembering information from a recent event).

In SRT, a client responds repeatedly, over successively longer intervals, to a verbal prompt that is given as a cue to retrieving a piece of information. The success of SRT has been ascribed to its expanding rehearsal schedule in conjunction with a client's relatively preserved procedural memory processing. That is, identification and retrieval of declarative information in SRT is facilitated through implicit and errorless learning. Unlike many other cognitive rehabilitation strategies, SRT requires little cognitive effort and the memory training content is based on its functional utility to the person.

A number of studies have shown that persons with Alzheimer's disease can retain and retrieve information for considerable periods of time following SRT. For these reasons, SRT has the potential to increase a person's confidence and independence in daily life.

The goals of this workshop are to provide participants with opportunities to: 1) learn about research evidence supporting SRT, 2) view an app and video of SRT in action, 3) engage in an SRT activity, 4) ask questions and make comments about SRT as it relates to their experience, and 5) take home a clinician-and-family-friendly SRT script.