

Advances in Preventing Cognitive Decline: Getting Old, Thinking Young

A 6-Hour Home Study Program for Health Professionals

Like it or not, we are aging, but it is better than the alternative. This program translates advances in neuroscience into practical terms to help protect the aging brain from cognitive decline and dementia.

Alzheimer's disease and vascular dementia are the two most common causes of dementia, affecting over 85% of cases. Remarkably, they share common modifiable risk factors and prevention strategies.

Participants completing this new program should be able to:

1. Distinguish between healthy aging of the brain, mild cognitive impairment and dementia.
2. Identify risk factors for Alzheimer's disease and evidence-based interventions designed to prevent onset or progression.
3. Identify risk factors for cognitive decline related to silent or clinically identified vascular dementia and evidence-based interventions designed to prevent onset or progression.
4. Describe evidence-based strategies to develop a personalized plan for protecting the brain from cognitive decline and enhancing neuroplasticity.

CONTINUING EDUCATION



NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

IBP is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 - 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.



IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **OH CSWMFT Board**, Provider #RCST030801, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by the **TX State Board of Examiners of MFTs**, Provider #830. This program provides 6 CE hours.



SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by provider by **CCAPP-EI**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-018-H04-P and 0492-0000-16-018-H04-T.



DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 - 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **FL Board of Dentistry**. This program provides 6 CE hours.



PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 6 CE hours.



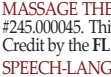
MASSAGE THERAPISTS: IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.



SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the **CA SLPAB**, # PDP247. This program provides 6 CE hours.



RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the **ANCC**. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides 6 CE hours.



EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between **Alliant International University** and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

Understanding Age-Related Cognitive Impairments

- Short-Term Memory
- Long-Term Memory
- Cognitive Domains
- Habits
- New View of Healthy Aging
- Mild Cognitive Impairment
- Dementia

Understanding Alzheimer's Disease

- Prevalence
- Neuropsychological Impairments
- Diagnosis
- Pathology
- Disease Modifying Treatments
- Modifiable Risks
- Genetic Risks

Understanding Vascular Dementia

- Prevalence
- Neuropsychological Impairments
- Diagnosis
- Pathology
- Risk Profile

How Can We Prevent Cognitive Decline?

- Physical Activity
- Stress-Related Aging of the Brain
- Hormones
- Reducing Chronic Inflammation
- Nutrients and the Aging Brain
- Increasing Cognitive Reserve
- Cognitive-Enhancing Strategies
- Habits to Improve Long-Term Memory
- Maintaining Memory Habits

ABOUT THE INSTRUCTOR



Craig E. L. Stark, Ph.D., is Director of the Center for the Neurobiology of Learning and Memory at UC Irvine and is a Professor in the Department of Neurobiology and Behavior. Dr. Stark is an expert in how the brain forms new memories and imaging studies of the human brain as it learns, remembers and forgets. His research specializes in studying normal memory, how memory changes with age, amnesia or Alzheimer's disease, all the while tying these to changes in brain structure and function.

An outstanding and informative speaker, Dr. Stark presents a wealth of practical information with clarity and warmth. He has presented his discoveries on multiple occasions on National Public Radio. Health professionals commend Dr. Stark for his ability to translate key discoveries to enhance understanding of how memory works, breaks down, and what might be done to improve it.

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