ANTS Memory Skills Program: “Making the Most of Your Memory”

Problems with everyday memory – retaining new information, remembering distant memories and upcoming tasks – can significantly disrupt daily living. For example, difficulties with remembering what you intend to do can affect the completion of daily tasks and hinder independent living. Such concerns are commonly reported by individuals with neurological conditions like traumatic brain injury.

Neuropsychological interventions like memory training have been shown to enhance the functional memory abilities of individuals recovering from neurological conditions. Moreover, consistent practice of strategies has resulted in functional brain changes.

What is the ANTS Memory Skills Program?
We have adopted the “Making the Most of Your Memory” training program at ANTS. The program was designed to improve memory through developing practical knowledge and skills. Strategies are designed to be readily applicable to a wide variety of everyday situations that require memory. Training is combined with extensive psychoeducation to build awareness of the different cognitive resources that can be used to improve memory.

Program Structure
There are two options for completing this course:

1. Once weekly two-hour group sessions for six weeks plus a pre-intervention individual assessment and post-intervention individual assessment/feedback session, totalling eight sessions. Cost = POA
2. As per 1. plus once weekly individual sessions to tailor program content to your specific needs and goals. This totals 14 sessions. Cost = $2,250

Group content includes:

- **Compensatory strategies** – using mental strategies and external aids to improve memory.
- Improving **functional memory processes**, such as attention, encoding, storage and retrieval.
- **Psychoeducation** - to increase understanding of memory problems, promoting self-awareness and self-efficacy.

Who would benefit from the ANTS Memory Skills Program?
The program was designed to assist individuals with everyday memory problems, specifically those with non-progressive neurological disorders. These conditions include traumatic brain injury, epilepsy and stroke.

The training sessions can also be applied to individuals who experience everyday memory problems, without a neurological condition.