



SYNAPSE

Cognitive training program

OVERVIEW OF THE PROGRAM

The goal of cognitive training is to improve a person's cognitive functioning (memory, concentration, organization, etc.).

About the program

Our "SYNAPSE" program was developed to help individuals with cognitive difficulties improve their memory, their attention skills, and to be better organized in their daily lives. This program is offered by the Services ambulatoires spécialisés de gériatrie (specialized ambulatory geriatric services).

During the program:

- ☐ You will receive information about cognitive functioning (memory, planning, concentration, etc.).
- ☐ You will discover and practice different strategies.
- ☐ You will also be given exercises to help you apply these strategies in everyday life.
- ☐ We encourage participants to set personal goals that reflect their own needs.

Who is the program for?

- You want to learn more about memory, attention, or organization, etc.
- You want to learn strategies to function better in daily life.
- You are motivated and available to follow the program.
- Your health is stable enough to stay concentrated for 2 hours.

How does the program work?

- 10 sessions in a small group
- Offered in French
- Free.



Important

Please note that the program is not suitable in the following circumstances:

- Unable to read or write
- Alcohol or drug abuse
- Unable to stay focused for a long period.

Contact information

For more information or to join the program

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CLSC de Châteauguay

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Personal notes

Reference:

Our program is based on the work of Dr. E. W. Twamley (University of California, San Diego) and M. Huckans (Oregon Health & Science University), and is offered in collaboration with them.

