

# Course Description

There is growing evidence that suggests a link between depression and dementia. Several studies have shown that there is a strong link between the number of depressive episodes and the risk of developing dementia. This course provides strategies and resources to help health professionals address depression and build cognitive resilience.

## Learning Objectives



Participants will be able to list 6 or more modifiable risk factors for dementia.



Participants will be able to summarize the link between **depression** and dementia.



Participants will be able to identify effective interventions and strategies to address **depression** with a special focus on adults 45+.



Participants will be able to identify special considerations for high-risk populations.