**Transcript**

***Professor Glynda Kinsella – Memory management***

Well my research is about memory, and memory in the brain, and I’m interested in the changes that can occur with aging. This could be as simple as forgetting someone’s name but could be more troublesome if you forgot that you went to the supermarket in the morning. So, I’m interested in that because it affects so many of us but I’m interested in what we can do about it. So what we can do about making it more likely that we won’t forget.

We’re running memory groups with older people and we’re teaching people really how to train their brains. So how to train different strategies for different tasks. We expect from that people are going to get smarter in terms of knowing how to manage their memories in everyday life. So not every strategy is going to be great for every task but we think that some will work and will make people feel a lot more confident about managing their memory.

Well, as we know Australian society is getting older and we need to think about the ways in which we are all managing our everyday lives and living independently. So the main focus through doing these memory groups and about our work is helping people to stay independent longer and to feel that they are feeling more confident about how they manage their everyday lives.