

Ageing Mind Initiative

Issue 7, April 2011 Newsletter

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Please direct all enquiries
to ami@uq.edu.au

AMI GOES ONLINE!

This is the official first edition of the AMI eNewsletter. Our new online format now means we can reach a broader range of individuals at less of a cost to the environment. If you have friends who would like to be added to the AMI mailing list, please get them to email ami@uq.edu.au for an application form.

Remember that you can view both old and new newsletters online at the AMI website. Simply visit the homepage and click on the "Newsletters" link on the right-hand side of the page or type in the website address directly: <http://www.uq.edu.au/ami/index.html?page=99265>. This can be done from any computer, anywhere in the world.

Preventing Alzheimer's Disease

Come and listen to Professor Kaarin Anstey as she presents the latest research available in answering the question "Is it Possible to Prevent Alzheimer's Disease?". Details on page 2 of the newsletter.

The talk is scheduled for Friday May 6th, 6:30-8pm (presentation) 8-9pm (drinks and finger food). It will be held in the Terrace Room, Sir Llew Edwards Building (14) at The University of Queensland, St Lucia Campus. Please RSVP by Monday 2nd May to psychalum@psy.uq.edu.au



ISSUE QUOTE

The best classroom in the world is
at the feet of an elderly person.
~Andy Rooney



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AUSTRALIA

Resiliency in Later Life

Resilience has been described by researchers as a personal characteristic that influences the ability to recover from adverse experiences. For others, resilience is more about personal strength or the ability to cope with adverse circumstances, even if they were not sure beforehand whether or not they *could* cope. For older people resilience has been described as flexibility and the ability to adapt to circumstances to maintain functioning and well-being.

Given the number of adverse events that have happened both in Australia and overseas since the beginning of the year, it is timely to reflect on the resilience of older persons. What does the research say about resilience later in life?

Food for Thought:

- ◆ In later life resilience is associated with higher self-rated health and lower self-rated depression
- ◆ Resilience does not seem to be more or less prevalent among older women as opposed to older men
- ◆ Socially connected individuals tend to be more resilient than less socially-connected individuals
- ◆ Positive emotions are important for sustaining continued effective coping efforts
- ◆ Hope is an important source of resilience in later life
- ◆ It does not appear that resilience levels decrease as one ages



Is it Possible to Prevent Alzheimer's Disease?

There are currently over 260,000 Australians living with dementia and Alzheimer's disease and unless we can find a way to prevent or delay new cases, this number will grow to nearly 1 million by the middle of the century.

Professor Anstey will describe the current state-of-science on the possibilities for dementia prevention, focussing in modifiable risk factors.

Professor Kaarin Anstey is Director of the Dementia Collaborative Research Centre: Early Detection and Prevention, and Director of the Ageing Research Unit at the Centre for Mental Health Research, at the Australian National University. She leads the PATH Through Life Project, an epidemiological study focussing on identifying risk and protective factors

that influence mental health and cognitive decline.

Her research interests include cognitive epidemiology, chronic disease and mental health, detection of early cognitive decline and impairment, prevention of dementia, life-span approaches to mental wellbeing, the impact of cognitive decline on productive ageing, and driving.

When: Friday May 6th

Time: 6:30-8pm (presentation)
8-9pm (drinks and finger food)

Where: Terrace Room, Sir Llew Edwards Building,
The University of Queensland, St Lucia

Cost: Free

RSVP: Monday 2 May 2011 to
psychlum@psy.uq.edu.au or (07) 3346 9517



Get Involved in UQ Ageing Research

Mapping the Brain Mechanisms of Naming Treatment Post-Stroke

The aim of this research is to find out what areas of the brain are used when people who have had a stroke process language, and what areas of the brain are influenced by different types of naming therapy. Patterns of brain activity in healthy adults will be compared to that in people who have had a stroke.

We are seeking males between 50-65 years of age who are right handed, have English as a primary language, no history of neurological disease, mental illness, head trauma, alcoholism, cerebral tumour or abscess, and have no metals present in the body which are not safe in an MRI scanner. Participation in the research will involve one brainwave recording (EEG), as well as one brain scan (MRI) while you do some language tasks such as name objects or pressing a button in response to words. You will receive \$30 as a reimbursement for your time and travel. Participation in this project is expected to take between 4-6hrs over 3-4 weeks.

Contact Sophia van Hees, to find out more details about the study on **(07)3346 6110** or **0422 135518** or s.vanhees@uq.edu.au

Brisbane participants only please.

Attitudes towards Ageing among Older Adults

You are invited to take part in a research project being conducted by Edward Helmes from the Ageing Mind Initiative at James Cook University and the University of Queensland. The study explores the attitudes of older adults towards other older adults and their own ageing. If you agree to be involved in the study, you will be invited to complete four short questionnaires that should only take approximately one half hour of your time. These questions cover different features of older adults, the changes that occur with increasing age, and how people feel about being older and other older people.

The study is being conducted via mail, so the questionnaires can be completed at your convenience. Reply paid envelopes are provided with the surveys for their return. There is no attendance required at any university or institution.

If you would like to participate or have any questions in regards to this study, please feel free to contact us via email at:

Attitudes.to.ageing@gmail.com

A Parenting Program for Grandparents

UQ researchers are on the lookout for grandparents who need assistance or would like to fine tune their parenting skills to take part in a new program.

Grandparent Triple P is a nine-week group program that runs at the University of Queensland's St Lucia campus. Early sessions will focus on refreshing parenting strategies with the emphasis placed on working with parents to form a positive parenting team. The latter part of the program will be conducted by telephone to help grandparents develop these techniques further.

To participate in Grandparent Triple P you need to provide at least 10 hours of care per week to a grandchild who is aged between two to nine years. There is no cost to take part. More information is available at <https://exp.psy.uq.edu.au/grandparents/>.

To register your interest or find out more contact the Project Coordinator James Kirby on (07) 3365 6207 or j.kirby@psy.uq.edu.au



Ageing, health and emotion

Recent research has found that emotions can impact on our physical well-being, and that older adults experience emotion differently to younger adults. We are extending this research by investigating how the different ways that older adults experience emotion could impact on their ability to fight off infectious disease. We hope our research findings will inform patient treatment in both medicine and psychology.

What does participation involve?

We are seeking adults 65 years and older. Participation involves answering some questions about your mood and your physical health, as well as recounting some memories and viewing some pictures. Participation takes approximately 45 minutes, and participants are reimbursed \$15 for their time.

Where does participation take place?

If you live in Brisbane, researchers can come to your house to interview you, or you can come to UQ campus. If you live interstate, please contact the researcher for an online version of this study.

If you would like to participate in this study, or you would like further information, please contact Elise Kalokerinos at e.kalokerinos@uq.edu.au or 0466 800 641 or 07 3346 7281

Memory and Communication Training in Dementia

Do you care for someone with Dementia? We are looking for people with dementia and their caregivers, who are living together in the community. We are trialling a training program for caregivers of people with dementia that provides them with strategies to help maximise communication and every-day memory function for the person with dementia.

You will be asked to take part in two (2 hour) assessment sessions separated by three months. The assessment sessions can take place in your home and will involve completing questionnaires about mood and behaviour, some memory and language tasks, and two every-day activities. Caregivers will also receive the DVD based training package.

If you are interested in talking part (or would like more information) please contact **Dr Erin Smith** on 3346 7451 or email e.smith1@uq.edu.au.

Interested in Neck Pain?

Women and men 65 years and older with neck pain are required for a study on the neck's effects on balance, eye and head movement control. Testing times are flexible and parking close to the unit at St Lucia will be available.

The testing should take no longer than 45 minutes of your time and will include measures of balance, walking and eye and head movement .

This research is important as neck pain might be an important factor to consider in quality of community ambulation and for falls prevention.

If you are interested in participating, please contact the Neck Research Unit in the Division of Physiotherapy Telephone : (07) 3365 4568 Email: j.treleaven@uq.edu.au





Get Involved in UQ Ageing Research

Do you have osteoarthritis in your knee?

The Division of Physiotherapy at the University of **Queensland** is looking for people aged over 50 years with osteoarthritis (OA) of the knee who have had knee pain on most days for the past month to participate in a clinical trial. We are comparing the effectiveness of three treatments for knee OA delivered by physiotherapists: Treatment involving a combination of exercise and pain coping skills training and Treatment involving exercise alone Treatment involving pain coping skills alone

All eligible volunteers will be randomly allocated to receive one of the three treatments under investigation from a trial physiotherapist located in your region. You will receive 10 physiotherapy sessions over 12 weeks at no personal cost.

Participants must be willing to:

- Have a **free** knee xray to ensure that you are eligible to participate
- Attend the Division of Physiotherapy at the University of Queensland for baseline and follow up testing (3 times over a 12 month period)
- Undertake a home based program for your knee OA
- Keep a diary of activities and answer questionnaires at 3 time points



To obtain details and learn more about the trial please contact:

Paul Connellan, Ph: (07) 3365 4691

Email: p.connellan@uq.edu.au

Sonic Interactive Radio

A PhD project at the University of Queensland, St Lucia Campus, Brisbane, is seeking adults 50 years of age or over who lives alone at home to volunteer to be the users of a new interactive product called "Sonic Interaction Radio". This product helps people who are living independently so stay connected with friends and family members.

This study will require the research to install sensors at the participants home. Participants are required to find a friend, neighbour or a family member to be a partner in this research. The result from the study will help improve the product design.

For more information please email Hanif Baharin abaharin@itee.uq.edu.au or call 0401876500

For additional information or to be added to the AMI mailing list and Listserve, please contact us via email at ami@uq.edu.au.

Alternatively you may contact Dr Nancy Pachana at School of Psychology, The University of Queensland, ST LUCIA QLD 4072 or Tel. 07-3365-6832



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