Ageing Mind Initiative Issue 34 March 2018 Newsletter www.uq.edu.au/ami

> This edition of the AMI Newsletter hopes to touch on a theme crucial to how we stay connected to others – Transport. Whether your preference is to drive yourself, catch public transport, walk or cycle, one way or another you need to get there.

> We have a feature story on Ageing and Public Transport (page 2) and an exciting announcement about the CarFreeMe program being run at the University of Queensland (page 3) which is an effective, evidence-based and clientcentered approach to support and guide people to manage driving cessation.

We also have the new release of ageing related research projects for 2018. Please take a look and see if there are any projects that are of interest and contact the researchers involved directly. We greatly appreciate your contribution to ageing-related research.

As always, please feel free to pass this newsletter on and if you have any questions please feel free to email ami@uq.edu.au.



**ISSUE QUOTE:** "Some beautiful paths can't be discovered without getting lost." ~ Erol Ozan

#### **FEATURE STORIES**

Ageing Mind

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# **Ageing and Public Transport**

#### **By Stuart Donovan**

Modern life-styles often involve relatively copious amounts of travel: The ability to pop down to the shops for a coffee, visit a friend, or head to the beach for a swim are just a few examples of the sorts of day-to-day activities that depend on some form of transport.

Ageing comes with unique transport challenges. As our physical capabilities deteriorate, it becomes harder to use almost every form of transport, whether it be walking, cycling, driving, or public transport. Unless you are sufficiently wealthy that you can rely on taxis for your personal travel needs, then you are likely to face constraints on your mobility as you age. Declines in personal mobility are frustrating in the shortterm and isolating in the long-term. Given the importance of social connections to general well-being, most people hope to continue travelling as they age.

Public transport is an attractive option for many older people. And such choices are actively supported by the Queensland Government, which offers a "1,2 and free" daily pass for senior *go card* holders (1). With this pass, seniors pay only for the first two journeys per day, after which they travel for free. Notwithstanding these incentives, one's ability to access to public transport does not emerge from the ether, and nor is such access evenly distributed across the city. Where one chooses to live, to a considerable extent, determines one's access to public transport. For this reason, there is value in thinking carefully about access to public transport before deciding where to live.

Why does location have such a large effect on access to public transport? Answers to this question reflect facts of urban geography. Modern Australian cities tend to be clustered around a dense centre, from which public transport infrastructure and services emanate in a radial fashion. As one gets further from this city centre, land values decline, development patterns disperse, and the density of travel demand decreases. These geographic facts help to explain why levels of public transport service are higher in Auchenflower than they are in Fig Tree Pocket, for example. (continued page 3)







# **Ageing and Public Transport**

Continued...

That said, what can you do if you do want to use public transport more as you age? The most crucial step is alluded to above: When choosing where to live, think about how you can access public transport. Many of the reasons noted above are pre-existing conditions that are hard to change. While we should celebrate such changes if/when they do occur, they are the exception rather than the rule. Where decent public transport exists now is likely to be where it will exist in the future. can help: Online journey planning tools, such as Google Maps (2), allow you to see how you might use public transport to get to the places that you want to be. And for those who may already live beyond the reach of quality public transport all is not necessarily lost, especially if you are able to use taxi services to access the bus and train station. Even here, though, proximity is relevant, and something to value if you want to continue travelling as you age.

(1) https://translink.com.au/tickets-andfares/fares-and-zones/discounts-and-ways-tosave/one-two-free

Fortunately, this is an area where technology

(2) https://www.google.com.au/maps







# **CarFreeMe Program at UQ**

While older drivers are some of the safest and most experienced drivers, health conditions associated with ageing such as dementia can mean they are more at risk of accidents as their health declines. Although a diagnosis of dementia does not immediately disgualify someone from safe driving, eventually they will need to stop. The transition to non-driving comes at significant personal cost, including increased risk of depression, anxiety, loneliness and isolation, identity loss, and grief. Changes to driving status not only impact the individual stopping driving but also their family members supporting them. The ideal situation is for voluntary and gradual driving cessation, and having familiar patterns of alternative transport, with dementia and their care partners to take social support, and community engagement in place.

A team of researchers from The University of Queensland's School of Psychology, School of Health and Rehabilitation Sciences, and Faculty of Medicine have developed the CarFreeMe program – designed to help older adults retire from driving and still maintain their community engagement and wellbeing. The program is an evidence-based education and support intervention, and is based on what people who have experienced driving cessation said that they needed to adjust, and stay active and engaged. The intervention is unique in that it is focused on both the practical and emotional issues that are experienced as a result of driving cessation.

The intervention includes seven modules that cover education and practical support, delivered by an experienced health professional. Content is individualised according to geographic location and the particular needs

and preferences of participants, and is intended to be flexible. Depending upon participants' preference, the individualised program can include a combination of one-to-one sessions, groups, and practical outings and activities with a local experienced health professional. There are currently two versions of the CarFreeMe program with active trials; (i) one for older adults without cognitive decline and (ii) one for older adults living with dementia; and a third trial, (iii) supporting people after traumatic injury has been completed in Adelaide.

The researchers are looking for older adults part in the current trials. Participants mut be aged 65 years or older. These trials are delivered either in-person throughout Queensland, or via telehealth (videoconferencing technology) Australia-wide. You do not need to own the technology to take part in the telehealth trial.

If you are interested in knowing more about the study, email Dr Theresa Scott: theresa.scott@ug.edu.au







# **Pubic Transport Discounts for Seniors**

One, Two, Free for seniors and pensioners

Seniors Card +go, senior go card or green pensioner concession go card holders who use go card for 2 paid journeys in 1 day, travel free for the rest of the day.

Things to remember

- Free journeys taken as a part of daily scheme do not count towards weekly 8 and half price incentive.
- Cancelled transactions do not count toward the weekly 8 and half price incentive.
- Airtrain journeys are not included for any discounts.

# Daily travel caps for seniors.



# **Upcoming events**

The <u>Australian Association of Gerontology</u> (AAG) is having their annual conference in Melbourne, Australia on **21-23<sup>rd</sup> November 2018.** 

The conference will feature aMarmot who will be presenting on the social determinants of ageing.

Professor Sir Michael Marmot leads the English Longitudinal Study of Ageing (ELSA) and is engaged in several international research efforts on the social determinants of health. In 2000 he was knighted by Her Majesty The Queen for services to Epidemiology and understanding health inequalities.

The theme of the conference will be "Advancing not retiring,: Active keynote address from Sir Michael players, a fair future".



Australian Association of Gerontology



#### **KEY DATES FOR YOUR DIARY**

bstract submissions close late submissions will not be accepted)	23 April 2018 (5.00pm AEST/3.00pm WAST)
lotification of abstract acceptance	21st May 2018
reliminary program released	11 June 2018
resenter registration deadline	16 July 2018
uper early bird registration closes	30 June 2018
arly bird registration closes	3rd September 2018



# **Cape Cod Blueberry Pie Recipe**

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Cofounder of AMI, Prof Nancy Pachana wanted to share with you one of her favourite recipes. This delicious desert is anti-oxidantrich and brings memories of home. We hope you enjoy it as much as we do!

#### INGREDIENTS

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Pastry for single-crust pie (9 inches) 3 tablespoons all-purpose flour 1/4 teaspoon salt 1 cup water, divided 3/4 cup sugar 6 cups fresh blueberries, divided 1/2 teaspoon white vinegar Whipped cream or vanilla ice cream



#### DIRECTIONS

On a lightly floured surface, roll pastry dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to 1/2 in. beyond rim of plate; flute edge. Refrigerate 30 minutes. Preheat oven to 425°.Line pastry with a double thickness of foil. Fill with pie weights, dried beans or uncooked rice. Bake on a lower oven rack 20-25 minutes or until edges are golden brown. Remove foil and weights; bake 3-6 minutes longer or until bottom is golden brown. Cool completely on a wire rack.In a small bowl, mix flour, salt and 1/3 cup water until smooth. In a large saucepan, combine sugar, 1 cup blueberries and remaining water; bring to a boil. Stir in flour mixture. Return to a boil, stirring constantly; cook and stir 4-6 minutes or until thickened. Stir in vinegar and remaining blueberries; pour into crust. Refrigerate 4 hours or until filling is set. Serve with whipped cream. **Yield:** 8 servings.

**Pastry for single-crust pie (9 inches):** Combine 1-1/4 cups all-purpose flour and 1/4 tsp. salt; cut in 1/2 cup cold butter until crumbly. Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Wrap in plastic wrap and refrigerate 1 hour. **Editor's Note:** Let pie weights cool before storing. Beans and rice may be reused for pie weights, but not for cooking.

#### RECIPE SOURCED FROM <u>HTTPS://WWW.TASTEOFHOME.COM/RECIPES</u> <u>/CAPE-COD-BLUEBERRY-PIE</u>

Send us your favorite recipe that brings you a happy memory or promotes healthy ageing.

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# **Current Ageing Research**

The following projects are looking for participants. Make a difference in Ageing Research today. Sign up now!

### Early Detection of Cognitive Change

This research project is concerned with understanding more about the nature and impact of age-related cognitive changes. Specifically, whether the Novel-Image Novel-Location Task- Bond Revised (NINL-RB) can be utilised as an online early detection measure of cognitive change. The success of this research is vitally dependent upon the assistance of volunteers like yourself who can contribute to the emerging research in the field of early detection of age-related changes in cognition. Your participation in this study will be beneficial as the findings will help us learn more about how cognitive changes with age and potential early detection methods.

#### What's involved:

completing some biographical information

completing the computer-administered NINL-RB that will include: viewing and commenting on the presentation of everyday images and the presentation of some inverted human faces.

**Duration**: approximately 15-20 minutes maximum

This study has been approved by the Bond

University Human Research Ethics Committee, and all *data provided will be anonymous.* You are free to withdraw from the experiment at any time without prejudice.

If you are 21 years or older and interested to participate in this study, please use the link below:

#### https://goo.gl/forms/lzh34M5UpA1NVcKh2

As this instrument is in the process of development, information provided to us will not indicate diagnostic information.

For any queries or concerns please contact Soha Golshani on soha.golshani@student.bond.edu.au or Dr. Mark Bahr on mbahr@bond.edu.au

Your participation would greatly assist me with my Masters Research Project but it will also help shed light on cognitive age-related changes





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# **RESEARCH PROJECTS**

### **Tennis Elbow Study**

Pain on the outside of your elbow? Is it severe or not getting better?

UQ researchers are seeking volunteers with severe outside elbow pain for a study which seeks to understand the mechanisms underlying this pain.

What does the study involve?

The study involves a physical assessment of the elbow, sensory measurements and questionnaires collected at the University of Queensland, St Lucia campus.

Participants will receive an understanding of latest research and advice that can relieve symptoms, along with a \$20 Coles/Myer voucher.

To see if you are eligible to participate, visit <a href="https://www.surveymonkey.com/r/TennisElb">https://www.surveymonkey.com/r/TennisElb</a> <a href="https://www.surveymonkey.com/r/TennisElb">ow</a>

For more information: Email: v.vuvan@uq.edu.au or Phone: 0422 586 342 (Viana)



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### **Pain Study**

USQ is currently conducting research that explore age differences in what people believe about the consequences of pain, and how they manage pain.

The study requires 300 adults who are pain free, and adults who have chronic pain.

If you are interested in participating in this research, are over 18 years, have not had an operation in the last 4 weeks, and do not have diagnosed dementia, please contact Ruth Wagstaff, 0487 061161 or Bob Knight (07) 4631 1480 or visit www.bit.ly/mypains

### Mental Health Services Accessibility Study

Professor Bob Knight at the University of Southern Queensland invites persons 60 years of age and older to participate in a survey about accessibility of mental health services for older adults. It is NOT necessary to have used mental health services or to think that you might use them in the future to participate. It is hoped that results can be used to draw attention to barriers to access to psychological services for older adults and to eventually make services more available to those who need and want them.

Participants are asked to fill out several questionnaires on-line, which is expected to take about a half hour or less.

Responses are anonymous. To participate go to www.bit.ly/usqstudy

If you prefer to have a hard copy of the questionnaires to complete, please contact Professor Knight at <u>bob.knight@usq.edu.au</u> or 07 4631 1480 and leave your address. Hard copies can be returned anonymously.







**RESEARCH PROJECTS** 

### **Family Caregivers**

The University of Southern Queensland is conducting a study aimed at better understanding the experiences of families faced with future planning for a son or daughter with an intellectual disability.

This study gives all family members (parents, sibling, adults with intellectual disability) an equal opportunity to share their attitudes, beliefs, dreams and challenges for the future. USQ is looking for families with parents who are long-term carers of an adult son/daughter with an intellectual disability. Parents must be aged 65 or older. We would like to speak with at least three family members (that is, a parent, a son or daughter with intellectual disability, and a sibling of the son or daughter). Participation would involve being interviewed

by a USQ PhD student, as part of her PhD thesis.

If you would like more information or would like to get involved. Please phone Ms Sonya Winterbotham on (07) 4631 2898 or email <u>sonya.winterbotham@usq.edu.au</u>



### **Wisdom Study**

Professor Bob Knight at the University of Southern Queensland is looking for persons 18 years of age and older to help in the development of a psychological measure of wisdom. Participants are asked to fill out several questionnaires on-line, which is expected to take about an hour or less.

Responses are anonymous. If you would prefer to complete a hard copy of the questionnaires, please contact Professor Knight at <u>bob.knight@usq.edu.au</u> or 07 4631 1480 and leave your address. Hard copies can be returned anonymously. To access the questionnaires online please visit www.rebrand.ly/wisdom







# **RESEARCH PROJECTS**



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# **Research Volunteers Needed!**

Researchers at the University of Queensland are looking for male and female volunteers living with dementia and their caregivers to participate in research.



### Who do we need?

- Participants who have been diagnosed with dementia
- Speak English sufficiently well to engage in a series of Interviews and conversations
- Be willing try different technologies (e.g., iPad) to assist with communication difficulties (e.g., word finding problems, difficulty remembering what is happening and when it is happening)

Dates and times for participating are flexible and may involve 6 visits to your home (about 1 hour per visit).

Contact for more information: 3365 3988 or a.gellatly@uq.edu.au





# **RESEARCH PROJECTS**

### Understanding sideways balance in older adults with hip osteoarthritis

Balance problems in older people can be made worse by the presence of disease, such as joints wearing out. However, we don't clearly understand how common diseases affecting the hips and trunk impair sideways balance. This study will look at how hip osteoarthritis affects people's ability to respond to a sudden loss of balance in a sideways direction.

#### What is involved?

You would be required to come to the Gait Laboratory within the Physiotherapy Department, Princess Alexandra Hospital, for up to 2 hours. We will measure your balance, how your body segments move, and how your leg and trunk muscles work, when you are standing, stepping, walking, and in response to a sudden pull at your waist.

#### Who can participate?

To be eligible to participate in this important research study you <u>MUST:</u>

 be 60 years old or over Unfortunately the study isn't suitable if you have:

- Symptomatic ankle, knee or hip osteoarthritis
- Low back or lower limb pain or disease that effects your daily activities
- Parkinson's disease, Multiple Sclerosis, or have had a stroke
- Sensory problems (e.g. visual, inner ear disorders, peripheral neuropathy) that affect your balance or walking
- Dementia/Alzheimer's Disease

#### What will you receive?

 We can provide complimentary day parking. Refreshments will also be provided.

#### **Interested?**

I'll be happy to speak to you about the study and send you more details. Please contact: Alexandra Picorelli - Tel: 0412 933 810 Email: <u>alexandra.picorelli@uqconnect.edu.au</u>





# **RESEARCH PROJECTS**

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## Two possible studies on Lower Limb Strength and Biomechanics in Flatfoot

#### Study 1

The SIRPH Research Unit is looking for healthy adults between 18 and 70 years with no history of foot or ankle surgery and no lower limb injuries in the last 6 months to participate in a study investigating lower limb strength and biomechanics. Participants in this healthy group will constitute a reference group for data obtained from people with painful flatfoot condition. You would be required to attend the University of Queensland School of Health and Rehabilitation Sciences at St Lucia for 2 sessions of testing (5 hours total), where a range of clinical and laboratory measurements will be taken, and will be recompensed reasonable expenses.

#### Please complete this survey

https://www.surveymonkey.com/r/HiPTCont rols to check your eligibility to participate or email <u>sirph@uq.edu.au</u> for more information.

#### Study 2

The SIRPH Research Unit is looking for people with **pain on the inside of the ankle and/or foot** to participate in a study investigating lower limb strength and biomechanics in a condition called posterior tibial tendon dysfunction (PTTD). You would be required to attend the University of Queensland School of Health and Rehabilitation Sciences at St Lucia initially for 2 sessions (5 hours total), where a range of clinical and laboratory measurements will be taken, and will be recompensed reasonable expenses. Following this, you will be provided with a 12 week hip strengthening program after which the measurements will be taken again.

#### Please complete

https://www.surveymonkey.com/r/HiPT to check your eligibility to participate or email sirph@uq.edu.au for more information.







# **RESEARCH PROJECTS**

### Walking by adults research study

#### What is the study all about?

The aim of this study is to perform a multiday mobility survey using a GPS data logger to capture the walking behaviour of older adults. We aim to understand where and when older adults walk, how much they walk, how often they walk, and in particular how the characteristics of the built and natural environment influence walking behaviour among older adults.

This will unveil the key drivers that govern walking mobility in older adults. Walking mobility is the best guarantee of independence in older age and an active lifestyle is a known imperative to 'ageing well'. Walking is the most common form of any physical activity and the simplest way to remain active. Further, walking can be relatively easily introduced into ones' daily routine. The aim of this study is to understand facilitators and barriers to walking. Developing a knowledge of both the facilitators and barriers will be an important precursor to developing effective policy aimed at improving walking in an area.

#### Who is carrying out the study?

The survey is being conducted for the PhD research at the University of Queensland Anurodh Khanal, under the supervision of PhD supervisors Prof Jonathan Corcoran and Dr Elin Charles-Edwards (University of Queensland, School of Earth and Environmental Sciences) and has been approved by the University of Queensland Human Ethics Committee [20170802]

#### How much time will the study take?

Your commitment would be to participate in an initial meeting (approx. 30mins), followed by

participation in a mobility survey for seven days and participation in a follow up interview (approx. 45mins). At the first meeting you will complete and sign the consent form as well as the pre-GPS survey questions. In this meeting, GPS data logger will be handed to you along with and a demonstration on its use. You will then carry this GPS data logger over a seven day period with you every time you travel outside. At the end of the seventh day, research staff will contact you in order to arrange a time and location to collect the GPS data logger. During this meeting, a final follow-up meeting will be scheduled (approximately 1 week later) to discuss your mobility pattern across the 7 day survey period.

#### Can I withdraw from the study?

Participation is voluntary and you can withdraw at any time and your data will be withdrawn. Completion of the GPS survey and participation in post interview indicates your consent to participate in the study. Your data is important as we need a diverse group of respondents. We value your thoughts and ideas as they will provide important insights to the results of the project.

# Will the information I provide be kept confidential?

Collected data from the survey and interview will be transcribed, encoded and analysed. All aspects of the study, including results, will be strictly confidential and only the researchers will have access to information on participants.

#### Interested?

If you are interested in participating, **please contact Anurodh Khanal**, email:

<u>a.khanal@uq.edu.au</u> or phone: 0404161352 to register your interest.





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### Brain training and stimulation in older adults

We are seeking healthy volunteers **aged 60-75** for paid participation in an experiment. Participants will complete **brain training** and receive **non-invasive brain stimulation** using **Transcranial Direct Current Stimulation** (tDCS).

**Participants MUST:** 

1. Have normal or corrected (e.g., glasses) to normal vision and hearing and

- 2. Not have any neurological disorders
- 3. Not be taking psychiatric medications.

To find out more about the research, and your eligibility to participate, please contact Kristina Horne (PhD Candidate) at <u>k.horne@uq.edu.au</u>or on **0411 641 079.** 



### Participate in a Short Term Memory Training Project

Have you ever wondered what is really happening with your memory as you age? Or if your memory is actually failing you? Maybe you are forgetting more often where you parked your car or put your keys. If yes, then this study will be of interest to you. I am studying the potential of a new short term memory training program in answering those questions, as well as teaching some basic memory skills that you can use in everyday life. The aim of this study is to help you feel more secure about your memory and to be able to use it better. This study runs over five mornings over a two-month period. We are currently looking for older adults aged 60+ who can commit the time to improve their memory. Having a smartphone is good but not essential. At this point of time we are only looking for older adults that have not been diagnosed with neurological disorder such as Dementia and Alzheimer's and have unimpaired/corrected vision and hearing. The training will be held at the University of Queensland and a certificate of completion will be provided once the training is completed.

Please contact me on 0425 207 506 or email me at <u>h.jensenfielding@uq.edu.au</u> for more information or if you would like to sign up.

We are looking forward to hearing from you.