

Ageing Mind Initiative

Issue 35 June 2018 Newsletter
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This edition of the AMI Newsletter we have tried to put a focus on updates from past AMI research projects. So often in the flurry of data collection and analysis of results, we forget to update everyone on the exciting findings. We are excited to share with you the results from five different research projects, with more results to follow in our next Newsletter later this year.

We also would like to highlight our feature story on RSPCA volunteering and wellbeing (page 2) along with our other ageing related research projects for 2018 (pages 8-13). Please take a look and see if there are any projects that are of interest and contact the researchers involved directly if you would like to get involved.

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.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



ISSUE QUOTE:

“Live with curiosity; otherwise you will want to lie down and die.” Mel Brooks (aged 90)

Paws for Thought: RSPCA Volunteering and Wellbeing in Older Adults

Animals have repeatedly proven their worth as both best friends and hard workers. Many dog lovers will readily detail the positive effect their pet relationship has on many aspects of their life, but unfortunately pet ownership is not an option for many older people for a range of reasons. On the other hand, there are many dogs in need of training, care and affection, with the RSPCA lacking weekday volunteers. By bringing the positive effects of animals to a vulnerable group of older adults, the RSPCA Happy Paws, Happy Hearts (HPHH) program aims to both increase their number of volunteers, as well as improve the lives of older adults and the animals involved. But you don't need to be an RSPCA volunteer to help in the current research, which could show these benefits.

The aim of this study is to examine the relationship between animals and wellbeing, as well as test the HPHH program's efficacy, and barriers to participation. While we have already been working closely with the RSPCA speaking to their volunteers, we need help from everyday folks who may not volunteer, like yourself, to find out more about the general wellbeing effects of owning (or not owning) pets. In particular, whether owning a pet has any effect on your wellbeing, how you feel about getting older and whether this is affected by your attitudes towards animals. By comparing this information to the same measures of people who volunteer, it may not only give insight into potentially positive effects of animals overall, but could indicate a suitable proxy for those who are unable to own a pet.

For vulnerable older people, such as those living in aged care facilities, this could be key in encouraging the development of similar programs. Increasing avenues for improving lives is a powerful thing, particularly when it can provide joy to people and animals alike.

What's Involved:

Completing an online survey with a number of measures and demographic information. Your provided data will remain anonymous.

Duration:

Approximately 20 minutes.

If you are interested in participating, please use the following link:

<https://tinyurl.com/rspcahphh2018>

For more information, please email Amanda at: Amanda.salmon@uqconnect.edu.au

Your participation is greatly appreciated.



Research Updates

Predictors of financial capacity performance in older adults

The ability to maintain your finances is connected to your ability to remain functionally independent. In later life however, this skill is often questioned due to neurocognitive decline or impaired cognitive or decision-making capacity due to psychiatric disturbance.

Researchers Pachana, Byrne, Wilson, Tilse, Pinsker, Massavelli, Vearncombe and Mitchell (2014) investigated the influence of socio-demographic, cognitive, health, and psychiatric variables on financial capacity performance.

Seventy-six healthy community-dwelling adults and 25 older patients were referred for assessment of financial capacity and were assessed on pertinent cognitive, psychiatric, and financial capacity measures. Assessment measures used included Addenbrooke's Cognitive Examination – Revised (ACE-R), Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE), Geriatric Depression Scale (GDS), Geriatric Anxiety Inventory (GAI), selected Neuropsychiatric Inventory (NPI) items, Financial Competence Assessment Inventory (FCAI), and Social Vulnerability Scale (SVS).

The results found that anxiety but not depression predicted financial capacity performance in older adults. This was unexpected and possibly reflected a relatively low variance of depressive symptoms in the sample. Lower cognitive function and greater anxiety were associated with reduced performance of financial management tasks.

Current cognitive decline as measured by the informant-rated IQCODE was more highly correlated to financial capacity than either educational attainment or ACE-R scores. This supported work from other researchers that indicates education is not a good stand-in for financial literacy

Interestingly, vulnerability to financial exploitation, as measured by SVS, was not associated with financial capacity performance in this sample.



Research Updates

Leisure Activity Choices of Queensland's 'Chronologically Gifted'

As part of her doctoral thesis exploring music participation and non-participation by older adults, Teresa Kunaeva, from the Queensland Conservatorium, Griffith University, conducted the *Leisure Activities Survey*, which explored the leisure choices of older adults in Queensland and the perceived benefits and challenges of such participation. The survey also sought reasons for non-participation, particularly with regard to learning a musical instrument in 'the third age'.

The results of the survey showed that watching television remained the most popular leisure activity for older adults in Queensland, closely followed by working on the computer, reading books for pleasure, surfing the web, listening to music (other than at a public concert), and walking for pleasure. The least popular activities were playing team sports, singing in a choir, studying towards a degree or qualification, running, and playing a musical instrument.

Health issues and the cost of participation were cited as the main reasons for not participating in preferred activities.

The piano was overwhelmingly the most popular musical instrument played during school years and beyond. Of the 10 per cent of participants who currently play a musical instrument, only one per cent plays with a community music group. As one participant explained:

"There seem to be few opportunities available in Brisbane; or perhaps they aren't widely advertised."

Overall, the findings of the *Leisure Activities Survey* suggest that more retirees would take up active music making if there were affordable and accessible opportunities available.

Forty-four older-adult musicians, music teachers and music ensemble organisers subsequently participated in discussions leading to a conceptual framework for facilitating and promoting musical engagement by older adults.

Teresa would like to thank the 291 participants who generously volunteered their time to fill in the online *Leisure Activities Survey*, and particularly those who provided further information by way of personal emails.



Research Updates

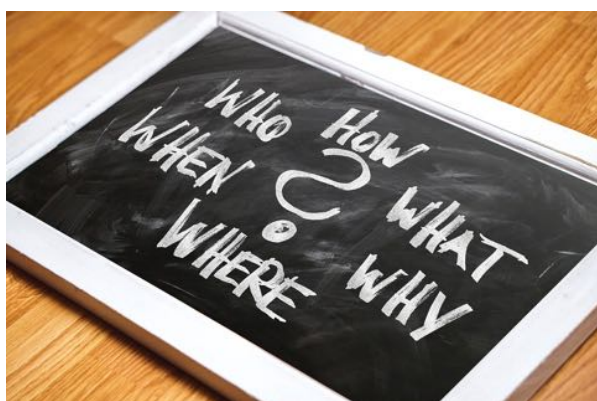
How do different thinking skills relate to language?

Principle investigator: Megan Barker

The purpose of this study was to investigate how different aspects of cognition, specifically attention and emotional processing, relate to spoken language.

In a task that required verbal descriptions of emotional pictures, we found that participants were significantly slower to initiate speech in response to negative, as opposed to positive, pictures. In addition, when an UNRELATED distractor word was presented alongside the picture (e.g., a picture of a smiling lady accompanied by the distractor word 'upset'), participants incorporated the concept activated by the distractor word into the content of their language output (e.g., 'this person looks happy but she is feeling miserable on the inside').

Overall, our results provide preliminary evidence that emotion and attention influence spoken language.



Finding the new me: An exploration of personal identity following injury

Principle investigator: A/Prof M. Kendall

This study aimed to explore issues of personal identity among people with acquired brain injury and spinal cord injury and compare their experiences to a control group of age and gender matched individuals without injury.

The study found that injury presented some significant identity issues for people following injury. In particular, people who sustained injury more negatively rated their current self (who they are currently) and their possible self (who they could be in the future). People with spinal cord injury rated their ideal self (who they would ideally like to be) more negatively than people with brain injury and those without injury.

Thank you to all who participated in the study. It is hoped the research will lead to the development of better psychosocial supports for people following injury.



Research Updates

Exploring Older Adult Educational Tourism Experiences, Satisfaction and Well-being: A Pre-Post Travel Approach

As a direct consequence of global aging patterns, older travellers are contributing to an increasingly significant proportion of international vacation spending. An ageing population has also brought with it a shift in the types of travel experiences that older individuals are choosing. Recent research has indicated that educational and cultural touristic experiences are preferred options for many older travellers, as they offer individuals opportunities to discover and to be meaningfully engaged in activities while gaining skills and knowledge that serves to enrich their broader life experiences.

This study explored the relationship between motivations, tour preferences, memorable experiences, emotions, perceived travel benefits, and life satisfaction through the use of a holistic model. Both pre-post travel surveys were collected from 361 older Australians around the country who participated in both domestic and international educational tour packages. Furthermore, 27 interviews were conducted to explore their tourism experiences.

This study concluded that seniors who are intrinsically motivated to engage in educational tourism for the purposes of stimulation, freedom, pleasure and

enjoyment (hedonic well-being) derived from their engagement in activities they consider meaningful, reported a high level of life satisfaction. The study findings also provided strong support for the contention that the enjoyment derived by seniors from their engagement in lifelong learning opportunities through travel, contribute positively to their personal development (eudaimonic well-being). Educational travel is a path to personal growth and the discovery of new meaning in life for older travellers with such journeys offering not only an opportunity to escape from everyday life but also a 'transitional' or temporary platform for reflection

Lintje Siehoyono Sie



New App - Access 4000

Carers Link, in partnership with Disability Support Queensland, is excited to announce the launch of their new app, Access 4000. Access 4000 aims to provide information on Brisbane venues and infrastructure with disability access features like wheelchair/pram ramps, disabled toilets and disabled parking.

The app will help people with disabilities or anyone with accessibility needs living in Brisbane – or travelling domestically and internationally to Brisbane – to feel more informed, confident and prepared when travelling around the city and surrounding suburbs.

Their hope is that Access 4000 will be a driver for social change by encouraging inclusion and social justice for people experiencing access barriers within our communities.

Access 4000 is beneficial for:

- People with disabilities (and their carers)
- People experiencing impairment and mobility issues
- The frail aged
- Parents and families with very young children
- Residents and overseas visitors



Upcoming events

Prevention POSITIVE AGEING SEMINAR

Discover how to:

- Kickstart new healthy habits
- Master midlife and menopause
- Be positive and optimistic
- Feel strong, confident and happy

VIP GUESTS



NICOLE LIVINGSTONE,
former Olympian
and head of AFLW.



DR ROSIE WORSLEY,
an expert on menopause.



ANDREA DUVALL,
editor of Prevention.

Over a delicious high tea you will be inspired by some of Australia's leading experts in health, happiness, wellbeing. Discover how you can:

- Boost your health
- Get more energy every day
- Find calm and balance
- Achieve inner happiness
- Live your best life!

Date and Time: Tue. 3 July 2018
10:00 am – 12:00 pm AEST

Location: Langham Hotel
Southbank. Melbourne, VIC

Cost: \$60 plus GST

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.

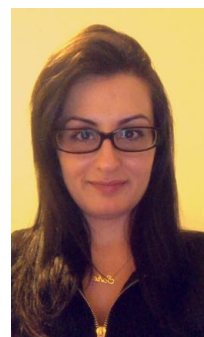
If you are 21 years or older and interested to participate in this study, please use the link below:

<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



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 sonya.winterbotham@usq.edu.au



Sustainability of Physical Activity in Older Adults

You are invited to participate in a study aimed at understanding the maintenance of physical activity in older adults.

In this we hope to explore whether the way people engage in physical activity (e.g., alone and/or in groups) and see themselves (e.g., as active) play a role in how much people engage in this activity. In order to participate in this research, you just need to be **over the age of 60 years**.

This study involves an online survey that **takes between 30-45 minutes to complete**. You will be asked to answer questions related to your physical health, physical activity levels and how you engaged in any activity (i.e., alone and/or in a group) and the extent to which you identified as physically active and older.

To participate in the study, go to: https://uqpsych.qualtrics.com/jfe/form/SV_3EKt8Y2BjXKWxdb

More information: Valerie Wang | yunxivalerie.wang@uq.net.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 **MUST:**

- 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 affects 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: alexandra.picorelli@uqconnect.edu.au



RESEARCH PROJECTS

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/HiPTControls> to check your eligibility to participate or email sirph@uq.edu.au 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

Enablers and Barriers to Walking in our Area

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.

Understanding where older adults walk, when they walk, and how much and how often they walk 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 by PhD student 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. 30mins). 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.

Will the information I provide be kept confidential?

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: a.khanal@uq.edu.au or phone: 0404161352 to register your interest.

RESEARCH PROJECTS

Are you living with younger onset dementia or supporting someone with younger onset dementia?

Stopped Driving or Planning to Stop?

Researchers at The University of Queensland are investigating ways to support people living with younger onset dementia and their care partners.

We would love to hear from you about your experiences and needs related to driving and stopping driving .

Participation involves a 30-40 minute interview, in-person, or by telephone or Skype, at a time convenient to you. For more information or to participate please contact Dr Theresa Scott:

Email: theresa.scott@uq.edu.au

Phone: 07 3443 2546

Are you living with dementia? Stopped driving or planning to stop?

A study being conducted at The University of Queensland is investigating ways to support people adjust to life without driving.

Interested people (aged 65+ years) may be thinking about stopping or have stopped driving.

Participation in our study will involve individual assessments about your needs and community life, and about your wellbeing, over 3-6 months. Also, depending upon your locality, you will receive information and support for continuing to do the things that are important without driving, either at the beginning or end of the study.

If you are interested in knowing more about the study please contact Dr Theresa Scott at the University of Queensland's School of Psychology

Email: theresa.scott@uq.edu.au

Phone: 07 3443 2546



RESEARCH PROJECTS



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 bob.knight@usq.edu.au or 07 4631 1480 and leave your address. Hard copies can be returned anonymously.



RESEARCH PROJECTS

The Tailored Activity Program: Supporting people with dementia and their carers living at home

Are you living with Dementia or caring for a family member with dementia?

We would like to know what you think about a new program researchers from the University of Queensland are studying to assist people living with dementia and family members who care for them.

The program is called the Tailored Activity Program (TAP) and involves Occupational Therapists working with people with dementia and their carers to enhance participation in enjoyable activities in their own home and improve their quality of life. It shows carers strategies to communicate with people with dementia and can make everyday tasks a little easier.

The program is not available in Australia yet but we want to know if it might work here.

We would like to know what you think about this program and other similar services, and whether you think it might be useful for people in your situation.

We will come to your house (or anywhere that suits you) at a time & place that is convenient for you.

The interview will take about 40 mins. There is no cost associated with talking to

us, and there is no obligation to participate.

If you are interested in participating or would like more information about the project, please call:

Catherine Travers or Sandra Smith
on 0431943897 or email

TAPdementia@uq.edu.au

This research project is called "Implementing the Tailored Activity Program for People with dementia and their family living at home: i-TAP (Australia).

It is funded by NHMRC: APP1137749.

The contents of this brochure are solely the responsibility of the individual authors and do not reflect the views of NHMRC



RESEARCH PROJECTS

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 at k.horne@uq.edu.au or Ph 0411 641 079.



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 bob.knight@usq.edu.au 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

