

# Ageing Mind Initiative

Issue 36 August 2018 Newsletter

[www.uq.edu.au/ami](http://www.uq.edu.au/ami)

Page

## FEATURE STORIES

Sterling's Dream Study 2

## RESEARCH UPDATES

IMPACT Knee Study 3

Health in Retirement 6

Mild hearing impairment study 7

fMRI Study of Language 8

## CURRENT RESEARCH PROJECTS

Detection of Cognitive Decline 9

Paws for thought 10

Understanding Sideways 11

Balance in older adults 11

Pain on outer side of hip 12

Biomechanics in Flatfoot 13

Communication in Dementia 14

Self-management of knee pain 15

Smart Technology and dementia 16

Driving and dementia studies. 17

Thinking about retirement? 18

Thoughts on sustainability 19

Physical activity in older adults 19

Tailored activity program 20

Brain training and stimulation 21

Welcome to the August edition of the AMI Newsletter. We couldn't delay release any longer as we had so many exciting research project updates and new ageing-related research available for you to participate in.

Our feature project this edition (page 2) is an innovative study conducted by Dr Eamonn Eeles seeking to better understand the brain characteristics of Alzheimer's disease to better inform treatment.

We also have a detailed research summary from the IMPACT Knee pain study that was advertised in our Newsletter back in 2014 and 2015 (page 3-5). It is often the case for large trials that it takes some time to finish collecting all the data, analyze it and write it up for publication. Despite the time lag, it gives us great satisfaction to still be able to feed these results back to you.

As always, please feel free to pass this newsletter on and email any questions to [ami@uq.edu.au](mailto:ami@uq.edu.au).



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



## ISSUE QUOTE:

"Being old is a whole new adventure; you can't describe it." Stan Lee (aged 94)

## Feature Project: Sterling's Dream Study

Sterling is a boy with a dream. His dream is to find a cure for Dementia. When Sterling was 3 years old his Grandmother was admitted into a nursing home with Dementia and since then he has always wanted to find a cure. Sterling is now an Ambassador for The Common Good at The Prince Charles Hospital. He highlights that dementia has an impact on everyone, even someone so young.

There is no cure for dementia. Right now, there are more than 44 million sufferers worldwide, and that number is expected to treble by 2050. The impact this will have on individuals, their families and our health system will be devastating.

Alzheimer's Disease is the most common form of dementia, accounting for up to 70% of all dementias. In health, the brain relies on neurochemicals to send messages between nerves. One of the typical features of Alzheimer's Disease is a decline in function of these chemical signals. The nerves and chemicals most vulnerable to these changes are in the memory forming parts of the brain.

### The "Sterling's Dream" Study

This study is led by Dr Eamonn Eeles, Geriatrician/Physician and Head of Research of Internal Medicine Services at TPC. His team

Health Research Centre, CSIRO and the Queensland Brain Institute.

By using innovative imaging the team will measure the chemical signals in the memory-forming part of the brain. They hope this study will help us better understand if there are certain brain characteristics in people who don't have Alzheimer's Disease which differ in people who have early stages of the disease.

This information may also assist us in understanding which patients may respond better to treatments that are used in Alzheimer's Disease and therefore help target management of this disease more effectively.

We are inviting people over 55 years of age who have Alzheimer's Disease who can have an MRI to participate.

We are also inviting people over 55 years of age who don't have Alzheimer's Disease and can have an MRI. These people will be part of our control group.

### What will the participants be asked to do?

We will ask people who would like to participate to come to The Prince Charles Hospital for a clinical assessment, neuropsychology assessment and memory tests. Participants will then be asked to undergo brain imaging using state of the art technology at the Herston Imaging Research Facility. Travel costs will be met by the study. Refreshments will be provided.

### How can you be invited to participate?

Phone the study  
Research Assistant,  
Anne Bucetti,  
Ph (07) 3139-7208.



THE  
COMMON  
GOOD

THE PRINCE CHARLES  
HOSPITAL FOUNDATION

## Research Updates

### Internet-mediated physiotherapy and pain coping skills training for people with persistent knee pain: IMPACT trial

#### Summary of the findings

##### **Who are the investigators?**

Kim Bennell, Rachel Nelligan, Fiona Dobson, Christine Rini, Francis Keefe, Jessica Kasza, Simon French, Christina Bryant, Andrew Dalwood, J. Haxby Abbott, and Rana S. Hinman.

##### **Why did we do this study?**

Persistent knee pain in people over 50 years of age is most often due to underlying knee osteoarthritis (OA). Guidelines recommend education and exercise as key treatments for the management of knee osteoarthritis, however, for many people accessing such treatments can be challenging due to a number of reasons including living remotely and having a busy lifestyle.

Investigating ways to improve access to recommended treatments became a re-priority for us leading to the design of this study. Our aim was to see if two internet-delivered treatment packages could be effective in reducing knee pain and improving physical function and to see if one was more effective than the other.

The two treatments involved;

Group 1: who received access to online educational material that covered a range of important topics related to living and managing osteoarthritis.

Group 2: who received access to the same online educational material as well as an on-line pain coping skills training program and a SKYPE based, physiotherapist delivered, home exercise program.

##### **Who participated in the study?**

We interviewed 702 volunteers interested in being involved in this study and from this 148 were eligible and consented to take part.

The table below summarises the details of the 148 people who participated in this study, based on the two groups that they were in.





# Research Updates

## IMPACT trial results of the study

### Knee pain:

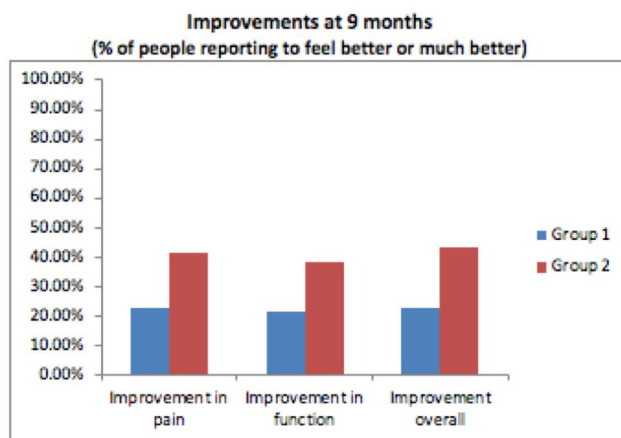
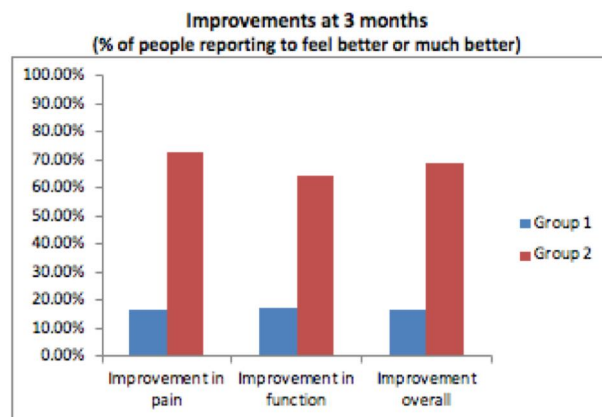
Pain was assessed with a 0 to 10 rating, where 0 = no pain and 10 = worst pain possible. At the 3 month time point of the study, both groups had improvements in their walking pain, reporting less pain (a lower number out of 10), however, Group 2 reported significantly greater improvement in walking pain when compared to Group 1. Improvements in knee pain were still seen after 9 months at the completion of the study.

### Physical function:

Physical function was assessed using the WOMAC questionnaire where participants rated their ability to perform 17 different daily activities (score range 0 = optimal function and 68 = worst function). Again both groups improved (identified by a lower score), however, Group 2's improvements were greater and of a magnitude that were great enough to be relevant and meaningful for the volunteers in that group. Improvements in physical function were maintained at 9 months.

### Reported change in symptoms:

At 3 and 9 months, participants in both groups were asked to rate their perceived change in pain, physical function and overall in their study knee since the study began. This was done using a 7-point scale, from 'much worse' to 'much better'. The two graphs below show the percentage of people that reported feeling moderately or much better at 3 months and then at 9 months. As you can see more people in Group 2 reported that they felt better compared to the number in Group 1 who reported feeling better.



### What do the results mean?

Our hypothesis was that Group 2, who received on-line education, pain coping skills training and physiotherapy prescribed home exercise would have greater improvements in their knee pain and physical function compared to Group 1, who received on-line education only.

We found that both on-line interventions led to reductions in knee pain and improvements in physical function, but that the improvements in Group 2 were significantly greater. This supports our hypothesis.

Overall, our findings highlight that the internet is an effective and feasible means of delivering the recommended treatments for knee osteoarthritis of education, exercise and pain coping skills training



## Research Updates

### The IMPACT study wins a Victorian Health award!

Excitingly this study was successful in winning a Victorian Health award last year for the category 'Research into Action'.

The VicHealth Awards recognise people, organisations, workplaces and clubs empowering others to live healthy, happy lives.

Here is a photo taken from the award ceremony of Professor Kim Bennell and Professor Rana Hinman accepting the award on behalf of the research team.



**How are the study's findings helping osteoarthritis sufferers in the 'real world', beyond the research setting?**

Currently there are some, but very few physiotherapists using the internet to deliver treatment to their patients. One of the biggest barriers is that internet delivered treatments are not being reimbursed by Medicare or private health insurers, making such treatments expensive and not feasible.

Behind the scenes we are working with others to see if we can change this. The successful results of this study will help considerably in this cause.

We are also working to make an Australian version of the pain coping skills training program that was used by Group 2 participants, as the current version was American based. We will also be making this program freely available in the near future.



## Research Updates

### Multiple social identities enhance health in retirement because they are the basis for giving social support

The present research revealed that recent retirees who were members of multiple social groups that they regarded as important to who they are (e.g., a social club, a book club etc.) after their retirement had better health.

Results shows that retirees who had multiple (rather than few) social group memberships (a) were more satisfied with retirement, (b) reported to have better health, and (c) were more satisfied with life in general. Data showed that multiple social group memberships were associated with better

health and greater satisfaction partly through being a basis for the provision (more so than the receipt of) social support.

These findings suggest that multiple group membership post-retirement as a basis for increased opportunities to make a meaningful contribution to the life other people.

This research was conducted by Nik Steffens at the School of Psychology at the University of Queensland.



## Research Updates

### **Adults with mild hearing impairment: the use of ecological momentary assessment in capturing hearing challenges in the real world.**

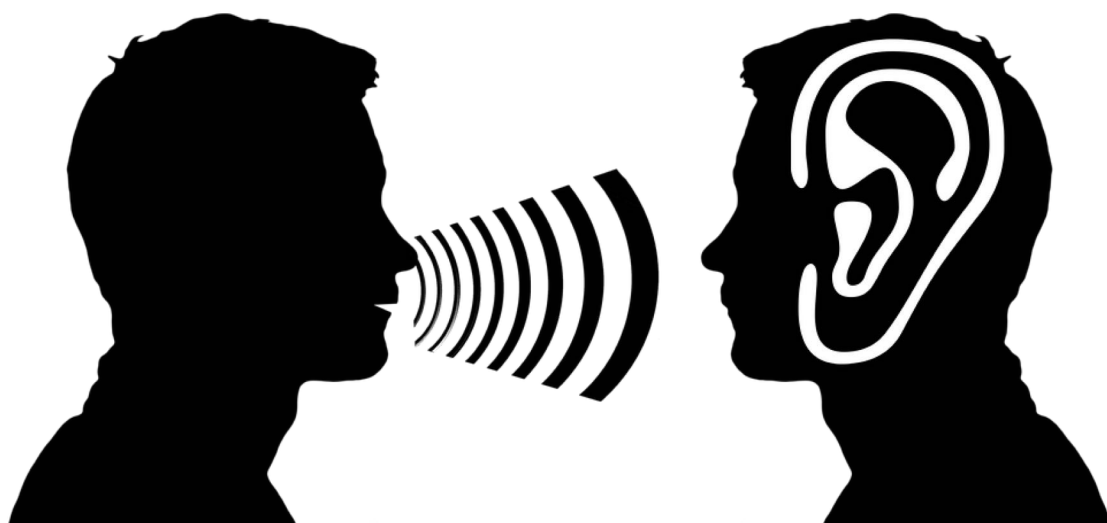
Over several years, Barbra Timmer, audiologist and doctoral student at the University of Queensland collected real-world data from adults over the age of 55 years with mild hearing loss. Some of her research participants were found through the AMI registry and Barbra would like to take this opportunity to sincerely thank you for participating.

Barbra's research found that many adults with mild hearing loss reported good to excellent speech understanding in their everyday listening situations. However, participants also reported having to put in quite some listening effort to hear well, even in typically quiet listening situations such as their home, and with people familiar to them. The workshop held after the study with the Swiss hearing aid manufacturer who provided the research equipment provided further useful insights into the hearing difficulties associated with mild hearing loss and for future research projects.

Barbra's follow-up study showed that when given a short, two-week trial with hearing aids, nine out of ten participants with mild hearing loss found benefit from hearing aids in speech understanding, and also in reduced listening effort and greater enjoyment of listening events. So while a common outcome of fitting hearing aids is to improve speech understanding, for adults with mild hearing loss a greater benefit could be from less fatigue at the end of the day and greater pleasure in listening activities.

If you would like more information, feel free to contact Barbra at [b.timmer@uq.edu.au](mailto:b.timmer@uq.edu.au).

Barbra completed her PhD and is now Adjunct Senior Research Fellow at UQ. She is continuing her research as well as branching out in other hearing-related research projects.





## Research Updates

### An fMRI Study of Concreteness Effects during Spoken Word Recognition in Aging. Preservation or Attenuation?

Word retrieval deficits are well documented in healthy older individuals while word knowledge and language comprehension abilities appear less susceptible to aging effects. It is unclear whether healthy aging influences concreteness effects (i.e., the processing advantage seen for concrete over abstract words) and its associated neural mechanisms.

Roxbury and colleagues (2016) conducted an fMRI study on young and older healthy adults performing auditory lexical decisions on concrete vs. abstract words. They found that spoken comprehension of concrete and abstract words appears relatively preserved for healthy older individuals, including the concreteness effect.

This preserved performance was supported by altered activity in left hemisphere regions including the inferior and middle frontal gyri,

angular gyrus, and fusiform gyrus. This pattern is consistent with age-related compensatory mechanisms supporting spoken word processing.

In summary, our results show that, despite a general reduction in response times, spoken language comprehension of concrete and abstract words, and concreteness effects remain relatively preserved in aging.

These findings suggest that while the spoken recognition of concrete and abstract processing remains preserved in aging, this preserved performance is accompanied by compensatory upregulation in regions which are differentially recruited by the two groups such that older adults are required to focus more on phonological and less on semantic aspects of processing and this appears essential for preservation of functionality.



# 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.

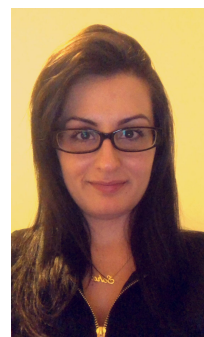
If you are 21 years or older and interested to participate in this study, please use the link below:

<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](mailto:soha.golshani@student.bond.edu.au) or Dr. Mark Bahr on [mbahr@bond.edu.au](mailto: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

### **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](mailto:Amanda.salmon@uqconnect.edu.au)

Your participation is greatly appreciated.





## 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 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?

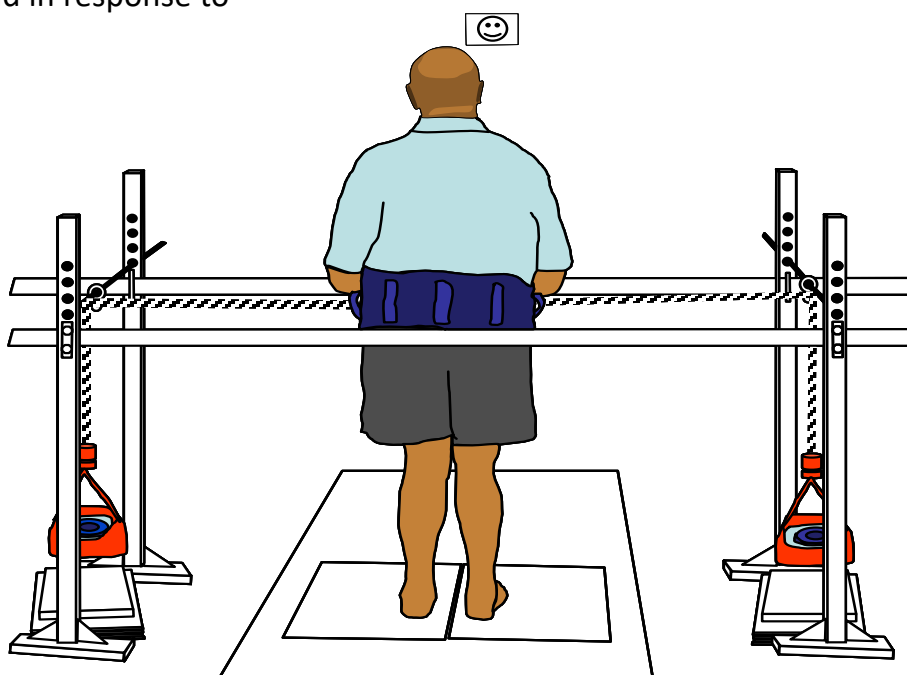
We can provide complimentary day parking. Refreshments will also be provided.

I'll be happy to speak to you about the study and send you more details.

Please contact me on:

Alexandra Picorelli - Tel: 0412 933 810

Email: [alexandra.picorelli@uqconnect.edu.au](mailto:alexandra.picorelli@uqconnect.edu.au)



## RESEARCH PROJECTS

### Do you have pain on the outer side of the hip?

We are seeking volunteers with pain on the outer side of the hip (lateral hip pain) for a study in where we seek to understand the effectiveness of education on persistent pain. Understanding the effects of education will potentially assist with decreasing pain and disability, improved delivery of online education for lateral hip pain, and it could improve increase the knowledge to improve treatment.

#### What will the study involve?

*Completing online questionnaires.* We would like you to answer about 4-5 online questionnaires over a 12 month period. These questionnaire will take approximately 20 minutes to complete.

*Engagement with education brochure.* For this study, you will be required to proactively engage (approximately 10 minutes a day) with an online education brochure over a six week period. This can be done on an electronic device anytime, anywhere.

*Physical assessment:* There is the possibility to attend an assessment and testing session for volunteers that live in the Brisbane metro area.

#### What are the benefits for me?

By participating, you will have the chance to engage in a novel education brochure, developed by experts in the field and in

collaboration with patients and clinicians. You will also be able to provide us with feedback about the design and effectiveness of the online education intervention and thus help us to prescribe more effective management in the future.

#### Are you interested?

If you are interested and would like to know if you fulfil the requirements to participate, please go to: <https://is.gd/UQGTED>

For further information, please contact [m.plinsinga@uq.edu.au](mailto:m.plinsinga@uq.edu.au) (Melanie) or visit <https://mplinsinga.wixsite.com/gted>



## 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](mailto: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](mailto:sirph@uq.edu.au) for more information.





## RESEARCH PROJECTS

### Are you living with dementia? Are you caring for someone with dementia?

A study being conducted at the University of Queensland aims to understand communication changes and needs. It also seeks to find out how technology can be used to help with the communication difficulties experienced by people with dementia and their caregivers.

We would love to hear from you about your experiences and needs relating to communication and technology.

There are different ways you can be involved in the study.

- People living with mild dementia and their family members may be involved in interviews, language tasks and conversations which will be recorded. This may take up to 6 visits.
- People living with more severe communication difficulties and their family members may be involved in language tasks, conversations and

interviews. This may take 2 or 3 sessions.

- People who are professional carers of people living with dementia can also participate in interviews about the potential role of technology to support professional caregiving.

The researcher will visit you in your home to conduct the interviews. Depending on your availability, the researcher may also gather some information about the life story of the person living with dementia during some additional visits.

If you are interested in knowing more about the study please contact:

Amanda Gellatly  
Email: [a.gellatly@uq.edu.au](mailto:a.gellatly@uq.edu.au)  
Phone: 07 3365 9765



## RESEARCH PROJECTS

### ***My Knee: Supporting self-management for people with persistent knee pain***

The Centre for Health, Exercise and Sports Medicine in the Department of Physiotherapy is conducting an Australian wide study evaluating electronic and digital resources (eg computer and mobile phone) to help people manage their knee symptoms.



#### **You may be suitable if you:**

- ✓ Are 45 years old or older,
- ✓ have activity related knee pain,
- ✓ have morning stiffness,
- ✓ have experienced knee discomfort for 3 months or more.
- ✓ You'll also need home internet access and a mobile phone.

#### **The study lasts for 6 months. If you take part, during your 6-month participation you'll be asked to:**

- Complete a range of questions at home, online, about your knee symptoms;
- Be asked to access an electronic resource, for 6 months. The resource provides recommendations to help you manage your painful knee (this might include using a computer with internet access and/or your mobile phone);
- At 6 months, complete another range of questions at home, online, to see if your knee symptoms have changed

To complete an online application please go to <https://is.gd/mykneestudy>

If you have any questions, please contact Rachel Nelligan  
Phone 03 8344 9411  
Email: [rachel.nelligan@unimelb.edu.au](mailto:rachel.nelligan@unimelb.edu.au)

## RESEARCH PROJECTS

### **Living well with dementia: Your views on the value of smart technology**

**Do you have experience of living with dementia or supporting someone with dementia?**

**Would you like to share your views or experiences of using SMART technology?**

LifeTec and the University of Queensland invite you to participate in a study investigating how smart technologies can support people to live well with dementia at home and in the community.

Smart technologies can include smart home devices, mobile phones and tablets, apps or devices which people use to make homes safer, stay socially connected, or manage health and wellness.

We would like to know more about whether smart technologies can offer benefits to people living with dementia. You do not need to be using these technologies at present.

Your participation will involve a 40 minute in person or by phone at a time convenient to you.

There are further research activities which may be of interest to you following your interview. These include focus groups, video stories and technology trials.

This study is open to people with dementia and their care partners, who are living in the community. Service providers who offer community based support to people with dementia are also eligible to take part in the study.

To express your interest or to ask any questions, please contact Zoe du Cann at LifeTec: 1300 543 383 or email [education@lifetec.org.au](mailto:education@lifetec.org.au)

This project has received approval from UQ Human Research Ethics Committee (no. 2017001871)  
[humanethics@research.uq.edu.au](mailto:humanethics@research.uq.edu.au)





## 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](mailto: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](mailto:theresa.scott@uq.edu.au)

Phone: 07 3443 2546



## RESEARCH PROJECTS

### Attitudes towards driving and non-driving and alternative transport

If you have a driver's licence, are currently driving or have ever driven, and can spare 20 minutes for this important research we would love to hear from you.

We are exploring attitudes toward driving and stopping driving, alternative modes of transport, and community engagement.

Participation involves filling in an online questionnaire. The questionnaire is anonymous and should take up to 20-30 minutes to complete. Please click on the link below, if you wish to participate:

[https://uqpsych.qualtrics.com/jfe/form/SV\\_5bh3mFiib9QL7pj](https://uqpsych.qualtrics.com/jfe/form/SV_5bh3mFiib9QL7pj)

Thank you for your consideration of our study. Your participation in the study is very appreciated.

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](mailto:theresa.scott@uq.edu.au). Phone: 07 3443 2546

### Thinking about retirement?

Researchers at the University of Essex are looking for Australian participants to complete a pre-retirement survey online. This survey aims to investigate the transition to retirement and takes only 10 minutes to complete. All responses are anonymous.

If you're aged 55-70 and currently working full time or part time, please contribute to this research via, <https://tinyurl.com/preretire>

*By helping with this research you can also enter the draw to win a \$45 Amazon gift card!*

For further information contact Daniel Jolles, Department of Psychology, University of Essex email: [dj17433@essex.ac.uk](mailto:dj17433@essex.ac.uk) (Ref. DJ1801)





## RESEARCH PROJECTS

### WHAT DO YOU THINK ABOUT SUSTAINABILITY?

We are interested in learning about the different sustainability attitudes, concerns and behaviours of young and older adults. We want to find out the similarities and differences between young and older adults to identify potential initiatives, to make them more inclusive and supportive of everyone.

Take the survey now at

<https://survey.psy.uq.edu.au/sustainability-differences.aspx>

The survey only takes 8 minutes.



### 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](https://uqpsych.qualtrics.com/jfe/form/SV_3EKt8Y2BjXKWxdb)

More information: Valerie Wang | [yunxivalerie.wang@uq.net.au](mailto:yunxivalerie.wang@uq.net.au)



## 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](mailto: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 project for older adults

#### What the study is about:

We are conducting research on the effect of a new brain-training program on cognitive function in older adults, and seek healthy participants aged 60-75. The program has already been tested on young adults with promising results, but has yet to be replicated in older adults. This is the largest study of its kind, and will help us to answer important questions about the utility of brain-training methods for enhancing cognitive function in older adults.

#### What's involved:

The study involves a total of 8 sessions over the course of three months, held at the University of Queensland St Lucia Campus. Sessions vary in duration from 1-4 hours, and

are paid at \$20 per hour (approximately \$300 payment in total). This includes five sessions of cognitive training, and four cognitive assessments at various time points.

This study has been approved by the University of Queensland Human Research Ethics Committee, and all *data provided will be anonymous*. You are free to withdraw from the experiment at any time without prejudice.

#### Eligibility:

To be eligible, participants must have normal or corrected to normal vision, and normal hearing. You must also not be taking psychiatric or neurological medication.

#### Contact us:

If you are interested in participating, please contact the Lead Researcher Kristina Horne by email at [k.horne@uq.edu.au](mailto:k.horne@uq.edu.au) or phone on 0411 641 079 to find out more.

