

# Testing a Memory Aid

I Can Remember!

Want to find ways to improve your memory for things in the future?

*Find out if you can join this study!*



The University of Queensland is looking for **healthy** people who would like to take part in a study using memory aids for prospective memory (remembering to do things in the future).

Research shows that as we get older, our memory naturally declines. Prospective memory is very important in everyday functioning and we need to find new strategies to help with this. This study is looking at the effect of a memory aid to help older adults to remember to do tasks in the future.

You may be **eligible** if you:

- **Are aged 60-85**
- **Have a mobile phone**

The study will include:

- Screening of your memory and thinking ability
- 10-day training for the use of a memory aid, using your mobile phone!
- A **memory tip sheet** at the end of the study

This study is **free** to take part in. In addition, all participants will be offered a **\$10 Coles/Myer gift voucher** at the end of the study as a thank you for your time.



THE UNIVERSITY  
OF QUEENSLAND

For more information and to find out if you can take part, please contact Miss Patricia Macdonald at The University of Queensland on **Phone 0421 995 244** or on email at **[p.macdonald@uq.net.au](mailto:p.macdonald@uq.net.au)**