

Ageing Mind Initiative

Issue 37 November 2018 Newsletter
www.uq.edu.au/ami

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The final edition of the AMI Newsletter for 2018 has arrived and not a moment too soon as the festive season is nearly here. We are delighted to introduce you to the Australian Lions Hearing Dogs (page 2) and the amazing work they do helping out our community. We also have a free film screening (page 3) and some free online courses to learn more about dementia and working with people with dementia (page 4).

We also are excited to announce five brand new research projects that are looking for participants. We have a study on hearing impairment (page 10), testing a memory aid (page 9), boosting your memory capacity (page 11), residential care planning for adults with intellectual impairment (page 10) and a study searching for private renters who will talk about their experiences (page 9). Hopefully there is something here for everyone.

We hope you have all enjoyed the 2018 editions of the AMI Newsletter. We wish you all a wonderful end to the year be it participating in ageing-related research or furiously analyzing your results. We will see you all again in the New Year.

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



ISSUE QUOTE:

"Harness your vitality; you can do whatever you want regardless of what the clock says." Betty White (aged 95)

Australian Lions Hearing Dogs

AMI Co-Founder Nancy Pachana recently went on a tour of the Australian Lions Hearing Dogs (ALHD) facility.

ALHD have transformed the lives of hundreds of Australians by providing independence, security and confidence. As well as being loyal companions for many years, some of our ALHD dogs have even saved lives.

With the support of Lions Clubs across Australia, ALHD has been providing trained Hearing Dogs to those in need since 1982. An Australian Lions Hearing Dog can be any shape or size, as the majority of our dogs are sourced from pounds, shelters and rescue organisations.

ALHD History

Australian Lions Hearing Dogs was conceived in 1980 when two Lions, PDG Bob Allen and PDG Brian Carter, attending an International Lions Convention in the USA, discovered the Hearing Dog Training Centre in Colorado. At the Multiple District Convention in Canberra the Lions Clubs of Australia voted to fund this project.

A property was acquired at Verdun in the Adelaide Hills. Gale Gould from the American program came out for two years to start the project.

The first dog, Amber, sponsored by the Lions Club of Edwardstown, was delivered on 10th April 1982 to Mrs M Bragg, at Para Vista, Adelaide.



Since the program's inception over 550 dogs have been delivered to deaf and hard of hearing people nationwide as a gift from the Lions Clubs of Australia. Currently there are Australian Lions Hearing Dogs assisting their owners in every State and Territory in Australia.

Australian Lions Hearing Dogs (ALHD) is an accredited member of Assistance Dogs International (ADI). To maintain our membership ALHD must comply with standards set down by ADI that cover training of both clients and dogs, animal welfare, administration and more.

More information can be found at <https://hearingdogs.asn.au>



Photos by N.Pachana

DOGS CAN HEAR UP TO
9 Sounds

TRAINING TAKES
6-8 Months

A DOG IS PLACED EVERY
14 Days

TRAINING COSTS PER DOG IS
\$30,000

FILM RELEASE: “Everyday is Alzheimer's The Final - Death Becomes us”

About the Filmmaker

Filmmaker Yuka Sekiguchi was born in 1957 Yokohama, Japan. She returned home to Japan after spending 29 years living in Australia. Yuka has been looking after her mother, Hiroko who has Alzheimer's at home ever since.

Yuka began filming her mother's journey with Alzheimer's Disease in 2010 and worked towards the first instalment of what would become a trilogy - “EVERYDAY IS ALZHEIMER'S”. The film was released theatrically in July 2012 in Japan and became an instant hit.

Yuka embarked on making the sequel “EVERYDAY IS ALZHEIMER'S 2 ~ THE FILMMAKER GOES TO BRITAIN”. The film was again, released theatrically in July 2014 with equally great success.

In 2018, Yuka finally completed “EVERYDAY IS ALZHEIMER'S FINAL ~ DEATH BECOMES US”. This would conclude the trilogy.

About the film

This film asks big questions like “Can we control how we die?” and “What are our options in dying?”. The film deals with issues such as carers' welfare, palliative care, euthanasia as well as the fundamental question of how to face our own and our loved ones' death. Despite the serious nature of the subject, the film is humorous and thought provoking.

Details of the Screening

Cost: Free
Date: Tuesday 11 December
Time: 18:00 – 20:00
Location: School of Languages & Cultures,
Gordon Greenwood Building (32)
University of Queensland
St Lucia, Brisbane



This is a free public screening as part of the broader 2-day colloquium on Documentary and Transcultures



Free online dementia courses in November

The Pain Puzzle: Recognition, assessment and treatment of pain in people living with dementia in the residential care environment – November 2018

This course aims to increase understanding of pain assessment and management for people with dementia living in a residential environment.

Recognising and assessing pain in people with dementia who are not able to self-report is difficult and complex. It involves all members of the care team and requires organisational structures and systems which support effective communication. This course explores the organisational attributes which facilitate optimal pain management from the perspective of nurses as clinical leaders at the centre of the care team.

The course consists of 3 modules and covers:

- The recognition of pain
- Assessment of pain
- Treatment and management of pain

Primary Learner Setting

- Residential aged care

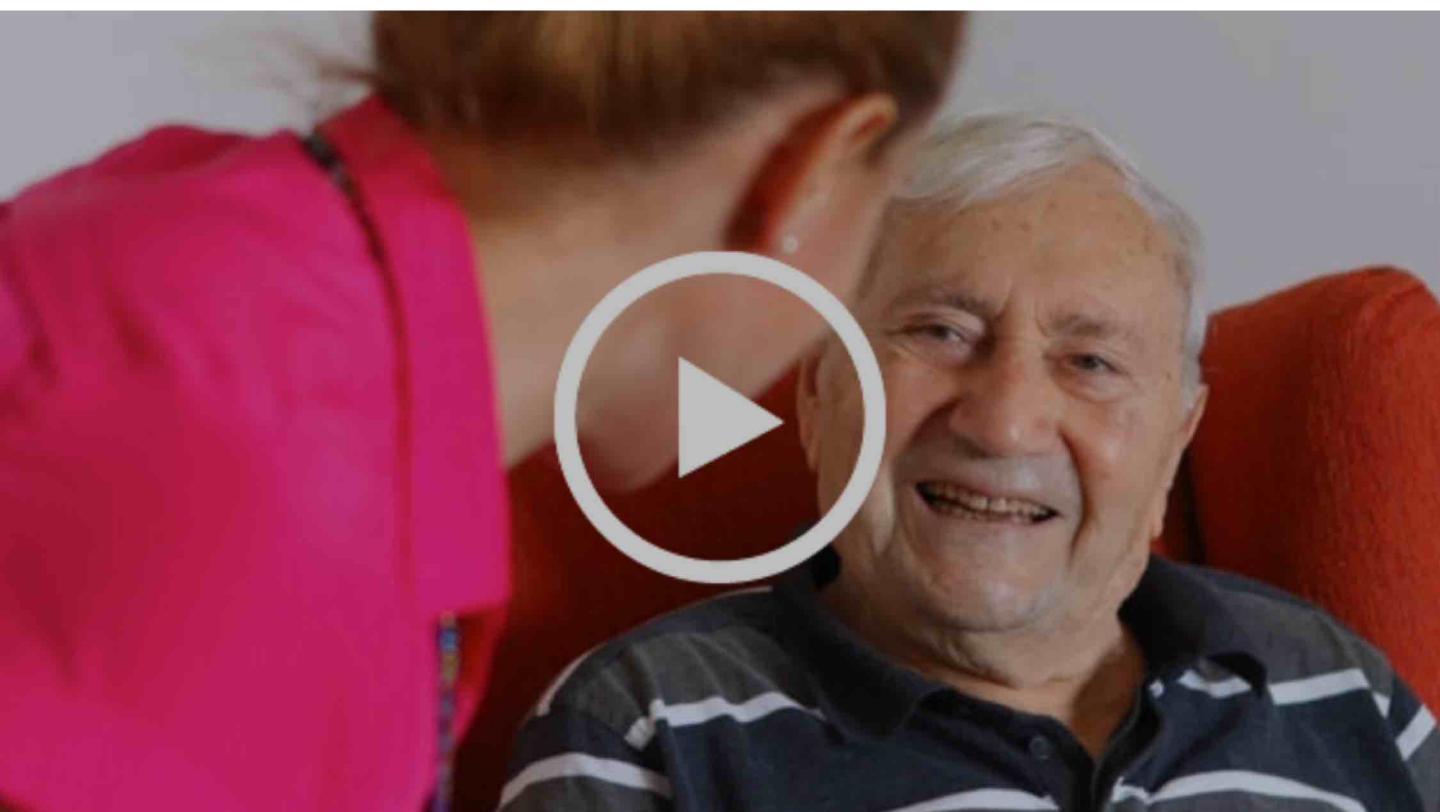
Target Learner Occupations

- Registered Nurses
- Enrolled Nurses

Click [here](#) to register. Start date 4th

"These online courses are wonderful and I recommend them to everyone who is in the role of a carer in a facility or in the community. They are short, easy to understand, and the information is invaluable."

Allison Brodie, Assistant in Nursing, Trainer and Assessor



Free online dementia courses in November

Creating supportive and meaningful environments for people living with dementia

Presented by **Terri Preece** (pictured top right)
Environmental Design Specialist, Dementia
Training Australia

Overview:

A good environment can reduce confusion and agitation, improve wayfinding and increase social interaction. A poor environment can increase confusion, distress and levels of disability for people living with dementia. This presentation will look at the evidence-based principles of designing for dementia and provide examples of how to make changes.

Objectives:

- Discuss how the environment can impact on a person living with dementia
- Look at the 10 evidence-based design principles
- Discuss how to apply these principles in residential aged care and in the community

- Provide an introduction to the EAT (Environmental Assessment Tool) audit tool and other resources to support environmental change.

Event Details

Cost: Funded by the Australian Government

Date: Tuesday 27 November 2018

Time: 5pm-6.30pm (sign-in from 4:30pm)

Venue: Seminar Room Q430,
Institute for Health & Biomedical Innovation
(IHBI) Queensland University of Technology
Cnr 60 Musk Ave & Blamey St
Kelvin Grove, QLD, 4059

To register for Brisbane only

Click this link to register

<https://register.eventarc.com/41865/27Nov>

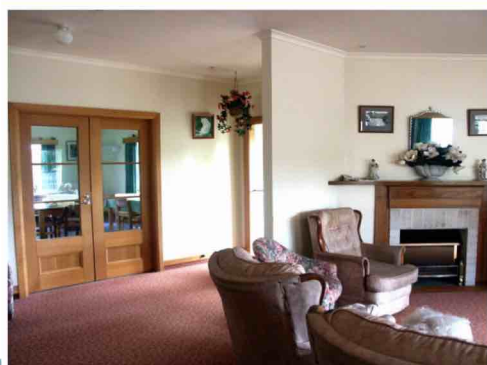
Registration closes **Thursday 22 November 12pm**

Contact: dta@qut.edu.au

Ph 07 3138 3822

For more information on DTA visit

<https://www.dta.com.au/>



Research Updates

The ageing positivity effect and immune function

Throughout 2013, AMI advertised a series of research projects being run by Elise Kalokerinos exploring the links between health and emotion. We thought we would take the time to summarise some of the findings from Kalokerinos' thesis "The ageing positivity effect and immune function" which was published in 2014.

The ageing positivity effect is a term used to describe the trend that older adults have in favouring emotionally positive material over emotionally negative material when compared to younger adults (Carstensen & Mikels, 2005). The positivity effect is a demonstrated effect across attention, recall, and recognition memory (Charles, Mather, & Carstensen, 2003). Specifically, this effect is known to be associated with better immune functioning. As such, Kalokerinos suggested that the positivity effect is maintained in older adults in part as a health protective strategy, and thus a greater focus on positive information should be associated with indicators of better immune functioning.

In her thesis, Kalokerinos tested this hypothesis by reviewing research investigating the links between positivity, immune functioning, and ageing, and provided a cost-benefit analysis of the positivity effect. She additionally summarised the method and results of a longitudinal study investigating the links between the ageing positivity effect and immune function. This study, assessed positivity in recall and blood indicators of immune function (Epstein-Barr virus

antibodies, CD4+ and CD8+ t-cell counts, and CD4 percent activation at HLA-DR) among older adults across a three year period.

The results showed that older adults had greater positivity in recall predicted significantly higher CD4 counts and lowered CD4 activation two and three years later. The effect of positive recall on CD4 counts and activation three years later was mediated through CD4 counts and activation two years later. It was also found that the magnitude of the positivity effect in recall at initial measurement predicted the magnitude of the positivity effect in recall and recognition memory one year later, suggesting that there is stability in positivity across time.

It was concluded that these data suggest that older adults may show a positivity effect in part to combat immunosenescence and increasing health challenges. The study suggested that the positivity effect may emerge in older adulthood at least in part as a healthprotective mechanism. It was suggested that the ageing positivity effect may serve a functional purpose in bolstering the immune function and hence the survival of older adults.



Current Ageing Research

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

CarFreeMe driving cessation program and clinical trials for people living with dementia

We are currently recruiting for participants (people living with dementia and their family member/care partner) to take part in our randomised controlled trials, supported by the NHMRC. Brief details of the program are outlined below. Our current sites are South East Queensland (face-to-face, or by telehealth delivery); and the ACT and Southern NSW (by telehealth). We aim to expand our trials to other areas of Queensland and Northern NSW; and by telehealth to other parts of Australia.

CarFreeMe is an education and support program that uses effective, research-based, client-centered methods to **support people with dementia who are stopping driving (or have stopped)**. Our program supports the emotional and practical challenges that are faced by people living with dementia who must inevitably cease driving. Our trials are open to **people living with dementia, aged 60 years + and their care partner/support person**. Participants may be still driving and planning to stop in future or have stopped driving and are needing support to cope with the life changes, to find alternative means of transportation, and remain engaged in the

community. The intervention includes **seven modules** which are usually delivered across seven weeks (**approximately 1-1.5 hours each module**) to participants in their own homes, by a registered health professional who is trained in CarFreeMe. Participants may elect to take part in one or more group sessions [depending upon preference and location]. There is no cost to participants. As part of the study, participants will take part in **three assessments**; pre- and post-intervention, and follow-up. Control group participants will receive the intervention after the wait period.

Further information may be obtained by contacting CI Dr Theresa Scott
email: theresa.scott@uq.edu.au telephone: 07 3443 2546, or Project Coordinator: Donna Rooney, email: donna.rooney@uq.edu.au, telephone: 07 3365 6392.



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

Testing a Memory Aid

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.

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**

ARE YOU A PRIVATE RENTER?



Source: Housing for the Aged Action Group

Researchers from the University of Queensland are interviewing older people with a history of private rental. We are

interested in understanding your life history and how this has impacted on your housing. We seek to understand how older people can have secure housing as they age.

If you are over 55, renting privately, on a pension, and willing to provide 90 minutes of your time for an interview, please contact:

Dr Maree Petersen, (07) 3346 7314 or m.petersen@uq.edu.au

As a token of our appreciation, we will reimburse each participant \$50 for their time.

RESEARCH PROJECTS



SEEKING VOLUNTEERS FOR RESEARCH

Participate in an interview on RAoger and FM system devices

Adults with hearing impairment

Own a Roger or FM system device
(even if currently not in use)

Family members/

Key communication partners

Have regular interaction with an adult
with hearing impairment who uses a
Roger or FM system device

Receive a \$25 Coles/Myer gift card by sharing
your experience of Roger or FM system devices
All participants must be aged 18+

More information: please contact Bonnie Cheng
(bonnie.cheng@uq.edu.au)



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

PHONAK
life is on

Residential Care Planning for Adults with Intellectual Impairment

The University of Southern Queensland invites
parents and adult siblings of an adult with
intellectual impairment to participate in a
survey about residential care planning for
individuals with intellectual impairment.

The study would like to hear from families at all
stages of planning – from those who have not
yet considered residential planning through to
those who have already enacted plans.

The survey aims at exploring individual
intentions, beliefs, wishes, and concerns
surrounding the residential care of family
members with intellectual impairment.

Participation involves completing the online (or
print) questionnaire which is expected to take

between 30 and 60 minutes. Participation is
voluntary and responses are anonymous.

This study is being run as part of a PhD thesis.

To participate please visit
www.rebrand.ly/caregiving

For a print version or to have your questions
answered please phone Ms Sonya
Winterbotham on 0418 185 117 or email
sonya.winterbotham@usq.edu.au



RESEARCH PROJECTS

Interested in Boosting Your Memory Capacity?

If you're between **55-80 years old**, then a University of Queensland clinical trial might be just the thing for you.

Researchers are trialling a unique, non-invasive brain stimulation technique in improving memory in language learning for older adults.

Studies indicate that stimulation (tDCS) can boost neuroplasticity, a key mechanism in regulating learning, memory and recovery of brain function.

Duration: Two 90-minute sessions measuring various aspects of cognitive function before and after stimulation, with \$50 reimbursement.

Location: UQ Centre for Clinical Research, **Herston**. Parking can be covered if driving in.

Requirements:

Right-handed

Native English speaker

No current psychiatric or neurological conditions (or psychotropic drugs)

For more information or to participate in this exciting area of research, please contact: jasmine.huang@uq.edu.au | **0405798394**



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
Phone: 07 3365 9765



RESEARCH PROJECTS

Share your experiences of home

We are seeking volunteers to participate in a study to further develop an evaluation tool for home modification practice.

What is the purpose of this study?

Home modifications are a common service for older adults and people with a disability and have the potential to enhance independence, safety and well-being. Occupational therapists who provide home modifications however have few tools to guide their practice. The Dimensions of Home Measure provides a tool for therapists to understand their client's experience of home and the impact of the modifications on their life. The development of this tool will provide therapists and home modification services with information to improve their practice and put the client's needs and experience first.

Who can participate?

We are seeking people over 18 years who have some support (paid or unpaid) in their home or who use equipment or have had home modifications in their home.

This would include having help with cleaning, shopping, showering, using any equipment (wheelchair, walker, hoist) or having

modifications such as grab rails, a ramp or lift installed.

What does the study involve?

Completing some background questions and the Dimensions of Home Measure online, over the phone or via mail, depending on your preference. It is expected this will take approximately 10-15 minutes.

What will you receive?

To thank you for your time, researchers will offer you the opportunity to go into a prize draw for one of five \$100 gift vouchers.

Participation in this study is completely voluntary.

If you would like to participate online simply follow the link

(<https://www.surveymonkey.com/r/DOHMstudy>) and complete the questionnaire.

If you would like to know more about the study or complete the questionnaire over the phone or have it mailed to you **please contact Dr Tammy Aplin**, email: t.aplin1@uq.edu.au or phone: 07 3365 2649



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

RESEARCH PROJECTS

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 TPCH. His team



includes researchers from the Australian E-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 PROJECTS

Dementia and Technology: A Story Telling Project

Would you like to share your views on technology?

You don't need to be an expert on technology. We would like to hear from everyone, including people who don't use technology.

This project involves making short stories or videos about living with dementia and using technology.

Who can make a story? We would like to hear from people who have dementia and are living at home, care partners and families.

What can I talk about in my story? These stories are about your experiences of living at home with dementia and using technology. Do you use any technologies? What are they helpful for? If you don't use technology, what are your feelings about it?

What kinds of technology do we want to hear about? Any technology you use that helps you manage your day, like mobile phones, iPads, computers or apps. Or any other health, safety, or home technologies like medication reminders, emergency call systems, or GPS pendants or watches.

How will I make my story? We can make the stories in many different ways. Our Brisbane videographer will help you to make a short video, or you can write your views as a short story. We can offer a voucher to video participants, or discuss an arrangement that covers your costs. We will not share any personal information, including your name, address or any other details. The stories will be available to the Australian public on websites or in education resources.

How long will it take? It will involve a 1-hour interview with our researcher, and a little more time to write your story (1 page). It will take around 90 minutes with the videographer if you decide to make a short video.

Who is running this study? This study is an approved research study, conducted by LifeTec Australia and researchers at the University of Queensland. This project has received approval from UQ Human Research Ethics Committee (no. 2017001871)

Who should I contact? Contact Zoe du Cann at zoeducann@lifetec.org.au or 1300 543 383



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

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

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. Phone: 07 3443 2546



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 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 or phone on 0411 641 079 to find out more.

