

Ageing Mind Initiative

Issue 41, August 2019 Newsletter
www.uq.edu.au/ami

FREE
EVENT

We have come to the final Newsletter for AMI of 2019. To celebrate a decade of AMI, UQ Healthy Living Centre are throwing a free, catered party celebrating AMI Co-founder Nancy Pachana (further details on pg 2).

Make sure you RSVP to uqhealthyliving@uq.edu.au as soon as possible as numbers will be capped. Members of the 50 Plus registry have been given special access as our VIP guests. We hope to see you all at the event.

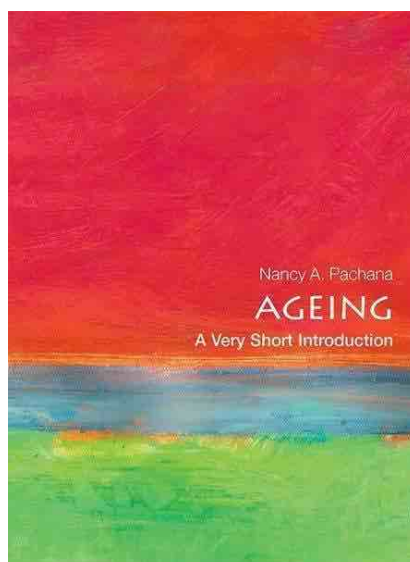
As the year draws to a close everyone here at AMI would like to wish you a wonderful festive season. As research projects come to a close and new studies are launched, it feels good to take a moment to stop and reflect on all the wonderful advances that have been made in ageing-related research.

If there is something you would like to know more about, email your questions through to ami@uq.edu.au

Have a wonderful end of year and please feel free to share the Newsletter amongst your networks.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



ISSUE QUOTE:

"Take advantage of being alive; don't worry about being old." Carl Reiner (aged 94)

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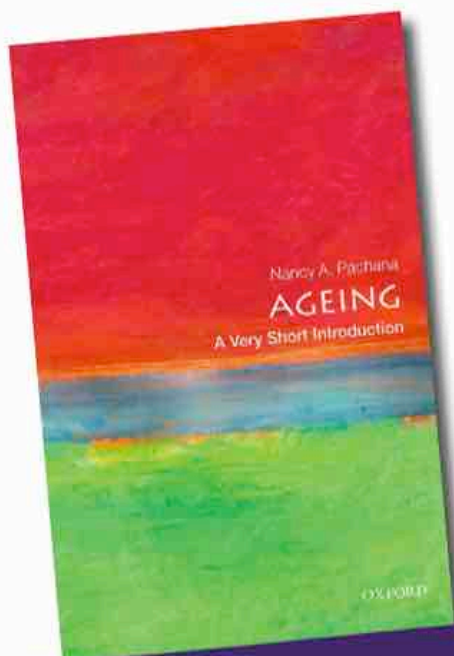
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Healthy Ageing: Ask the expert

Join Professor Nancy Pachana, author of *Ageing: A Very Short Introduction*, as she shares strategies to support success in later life.

UQ Healthy Living



Professor Nancy Pachana is a clinical geropsychologist, neuropsychologist, UQ School of Psychology professor, and co-director of research body the UQ Ageing Mind Initiative. She is internationally noted in the area of geriatric mental health, particularly late-life anxiety disorders, and is widely published in the field of ageing.

Discover what the latest research says about the changes we undergo as we age. Nancy will also discuss the keys to positively address these and achieve success in later life.

What is UQ Healthy Living?
UQ Healthy Living is a multidisciplinary service promoting longevity and wellbeing, resourced by a team of

clinicians and students, and supported by cutting edge technology. Find out more at uqhealthyliving.org.au

WHEN

11am - 12:30pm Saturday
30th November 2019

WHERE

UQ Healthy Living
Centra, Level 3
37 Archer Street, Toowong

FREE ENTRY

Refreshments provided

LIMITED SPACES

BOOKINGS ESSENTIAL

p: 07 3443 2586
e: uqhealthyliving@uq.edu.au

FREE ENTRY
BOOK AVAILABLE FOR PURCHASE \$16.95



AMI Recipes

AMI Staff share their favourite recipes

Moroccan Spiced Pumpkin, Fig and Buffalo Fetta Salad with Wild Rosella and Green Tea Vinaigrette

Serves Four

200g Pumpkin wedges par boiled
1 tsp cumin ground
1 tsp coriander ground
½ tsp cinnamon ground
½ tsp turmeric ground
¼ tsp ginger ground
4 figs cut in ½
16 green beans
4 slices sour dough cut in ¼ s
6 tbsp olive or peanut oil
80g buffalo or goat fetta
1 cup picked Italian parsley leaf
1 cup picked coriander leaf
1 pomegranate, seeds removed and separated
2 green tea bags
½ cup boiling water
16 wild rosellas seeds removed
1 tbsp honey
½ cup extra virgin olive oil
Salt and pepper.

Instructions

Steep tea bags in boiling water for 5 minutes. Remove tea bags squeezing moisture out, add rosellas, honey, extra virgin olive oil, lightly season and blend with stick blender.

Lightly oil pan and cook pumpkin on moderate heat until golden both sides. Sprinkle with combined spices lightly toasting then place pumpkin in a bowl. Wipe pan clean, lightly oil and cook figs and beans until coloured. Add to pumpkin. With remaining oil fry sour dough both sides until golden. Add to bowl. Crumble fetta and add with parsley, coriander and pomegranate to bowl. Season with salt and pepper, dress with vinaigrette, lightly fold and serve.

This recipe was from the 2010 Positive Ageing Series cooking Demonstration and is a favourite of Emma Poulsen



RESEARCH UPDATE:

The Tailored Activity Program-Australia

Supporting people with dementia and their carers living at home. The following is a brief summary of some of the preliminary findings.

Firstly, a big thank you to those that have volunteered their time to participate in phase one of this project, consisting of a qualitative interview to explore the barriers and enablers associated with implementing a program like the Tailored Activities Program (TAP) across Queensland.

TAP is a program delivered by Occupational Therapist's (OT's) over 7 – 8 sessions in a person's home. It uses activities tailored to the abilities and interests of the person with dementia, trains caregivers in their use and provides education about dementia, behaviours and stress reductions techniques for the caregiver

We have interviewed 72 participants across metropolitan and regional Queensland, from private, government and non-government organisations. Participants included 20 people with dementia and their carer (consumers), 19 OTs, 10 OT Managers, 15 Health professionals who refer people to OTs, and 4 health professionals who coordinate services and programs for managing Behavioural and Psychological symptoms of dementia.

Consumers told us that changes in behaviours and psychological symptoms of dementia were not something that were generally discussed with their treating GP or specialist. All consumers said it was difficult to know where to go to find assistance and they had accessed a range of services, advocacy and community organisations before finding some strategies that worked for them. No one service was identified by all consumers as being helpful. It was important to consumers to find ways for carers to have a break, as well as finding activities of interest.

for their loved ones with dementia. There was an overwhelmingly positive response to the possibilities that TAP may bring.

Consumers recognise the importance of maintaining engagement in enjoyable activities for those living with dementia and were interested in receiving support to do this.

Both Occupational Therapists and OT Managers reported that TAP sounds really useful and beneficial for people with dementia. They said that it will be really important to let referrers know about the program, and which OTs provide it so they can make appropriate referrals. All OTs were keen to learn more about dementia and ways to assist consumers.

Referrers told us they would be much more likely to refer people to an OT for TAP if the referral process was easy and we will certainly take their advice! It was very strongly felt that it was the responsibility of ALL involved in caring for a person with dementia to refer to a program like TAP, emphasising the importance of a team approach.

The project team is currently working towards phase two of the project which includes training OTs across Queensland to become certified to provide the Tailored Activities Program. We will let you know when TAP becomes available in your area.

If you are an OT interested in providing this program or someone who would like more information about the project, please email Catherine Travers or Sandra Smith at: 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

Researcher in Ageing Spotlight

Highlighting important researchers in the field of ageing

The Health and Behaviour Sciences (HaBs) Faculty Healthy Ageing Initiative is a developing network designed to build a community of practice around healthy ageing, incorporating research, research training, curriculum development, student activities, and community engagement.

In line with Faculty strengths in research, teaching and engagement, this initiative focuses on applied aspects of healthy ageing, with four major themes:

- understanding and managing the transitions of ageing
- interventions and health service design for chronic illness, disability, and rehabilitation
- strategies to achieve the goal of living well in older age
- development and use of digital technologies to make health-related services and information widely accessible to all regardless of age or capacity.

Activities to date include the [UQ Healthy Living](#), in partnership with [UQ Health Care](#), and the Chair in Healthy Ageing. T

Professor Laurie Buys has been appointed as the Director of the Healthy Ageing Initiative and will commenced in the role on July 15, 2019.

Professor Buys was leader of the Infrastructure for Sustainable Communities theme in QUT's Institute for Future

Environments and was previously Director of the Centre for Social Change Research at the QUT Carseldine campus. She was responsible for bringing together researchers from diverse backgrounds to create transdisciplinary teams to deliver high impact outcomes for industry.

Professor Buys holds a Bachelor of Arts in Psychology from West Virginia University, a MS in Rehabilitation from Southern Illinois University, and a PhD in Rehabilitation and a Graduate Certificate in Gerontology from the University of Northern Colorado. She is a Fellow of the Australian Association of Gerontology as well as a former president of the Association. Professor Buys is the recipient of over \$4.7 million in external research funding and the supervisor of more than 20 completed HDR students.



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

If you or someone you know needs support, we are currently recruiting for participants (people living with dementia and their care partners/family member) to take part in our 'living with dementia and driving study', supported by the NHMRC. Brief details of the program are outlined below. Our current sites include South East Queensland (in person, 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, so if you are interested please get in touch.

CarFreeMe is an education and support program that uses effective, research-based, client-centered methods to support people living with dementia. Our program supports the emotional and practical challenges that are faced by people living with dementia who must inevitably give up driving. Our trials are open to people living with dementia 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 Project Coordinator: Donna Rooney, email: donna.rooney@uq.edu.au, telephone: 07 3365 6392; or CI Dr Theresa Scott email: theresa.scott@uq.edu.au telephone: 07 3443 2546.



RESEARCH PROJECTS

Are activity monitors accurate at recording steps in older adults?

Volunteers for research needed

Researchers at the University of Queensland are looking for healthy adults 60 years and older to participate in a project investigating how accurate the commercially available Garmin Vivofit® 4 is at measuring steps in treadmill, indoor and outdoor walking at different walking speeds and on different everyday surfaces.

Why?

Monitoring activity and daily step-count may provide additional motivation to increase activity levels in older adults. Commercially available devices such as the Garmin Vivofit® 4 are increasingly being used more and can help to increase activity levels. We would like to find out how accurate this device is at recording step count in different settings and walking speeds, in older populations.

What will you be required to do?

Before any assessment takes place, we will need to perform a six-question cognitive screening test over telephone to make sure you are eligible to participate which may identify evidence of a cognitive decline. If you are eligible to participate, we will ask you to attend a 90-minute assessment at the University of Queensland (St Lucia Campus) and wear two portable activity monitors which will measure steps taken during three different walking tests (treadmill, 40m indoor circuit and a 200m outdoor walk).

Parking

Parking costs at the University of Queensland will be covered by the research team.

Contact

If you want more information, or are interested in participating, please contact Jacinta Foster at: Jacinta.foster@uq.edu.au or via telephone at 07 3365 4564



RESEARCH PROJECTS

Help us understand how music and speech are processed in the brain

Researchers at the University of Queensland are seeking healthy participants for a study on music and speech processing. The aim of this research project is to improve our understanding of how music listening after a stroke may stimulate speech and language recovery.

Where: Herston Imaging Research Facility (HIRF), Royal Brisbane and Women's Hospital

What will it involve: (1) An MRI brain scan while completing music and word listening tasks, and (2) brief music, cognitive, and language assessments.

The study will take about 2-3 hours to complete, and you will receive \$30 for your time and effort.

We would love to hear from you if you are meet the following criteria:

- 55-85 years old
- English is your first language
- No history of neurological disease, mental illness, or head trauma
- No metal present in the body which would be unsafe in an MRI scanner

To express your interest in participating, or for more information, please contact Jennifer Lee or a member of the AMP research team

Email: amp.project@uq.edu.au

Phone: 3346 6110



This project has been reviewed by the Royal Brisbane and Women's Hospital Human Research Ethics Committee, and was found to meet the National Health and Medical Research Council's code of conduct for human research (HREC Approval number: HREC/2018/QRBW/43699).

RESEARCH PROJECTS

Can sleep help you learn?

What is this study about?

Researchers at The University of Queensland are seeking volunteers to take part in a study investigating the effect of sleep on word learning. Knowledge from this project can help Speech Pathologists to better understand the optimal conditions for adults to learn new words and could potentially lead to better outcomes for adults with language difficulties after brain injury.

Who can participate?

We are seeking healthy adults aged between 60-85 years who have English as their primary language.

What does the study involve?

If you are eligible to participate, you will be asked to attend three sessions over a period of 24 hours at UQ's St Lucia campus. The sessions will be in the morning and evening. During the sessions, you will complete some

computerised language learning and memory tasks. You will also be asked to wear a movement sensor (an Actigraph accelerometer) during your participation, and provide information about your daily sleep patterns, exercise, and caffeine intake.

What will you receive?

By participating you can enter a prize draw to win one of two \$100 Coles-Myer gift vouchers. Your individual results will also be available upon request.

Are you interested?

If you wish to take part in this research you can register **online** (go to: <https://forms.gle/9RF7tqCPy3nvc14E8>) or contact Emma via e.schimke@uq.edu.au or 0422 073 462 to find out more.



RESEARCH PROJECTS

Interested in how the brain processes language

Aim of the study

Our aim is to investigate how stroke patients with communication impairment recover language function. We want to determine the best predictors of language improvement and treatment response in the critical phases of brain recovery following a stroke.

Eligibility

We are seeking healthy male and female participants between 55-85 years of age who are right handed, have English as a primary language, have no history of neurological disease, mental illness, or head trauma, nor have any metals present in the body which would be unsafe in an MRI scanner.

What's involved?

Participation in the research will involve one brain scanning (MRI) session, carried out at the Herston Imaging Research Facility (HIRF) at the Royal Brisbane and Women's Hospital, Herston. Prior to the scanning session, a brief telephone interview will be conducted to

screen for project suitability. Eligible participants will then attend a scanning session at HIRF where they will be required to complete a functional MRI (fMRI) language task while in the scanner (approximately 1 hour). Participants will also be required to complete a few language activities prior to the scan (approximately 2 hours). A reimbursement of \$30 for time and effort and will be provided to all participants.

Contact us

If you live in Brisbane and would be interested in finding out more about the study (or know of anyone who may) please contact:

The PAPAR research team

(Kim Garden or Kate O'Brien)

Email PAPAR@cai.uq.edu.au

Phone (07) 3346 6110

Your interest in this important stroke research is much appreciated!



RESEARCH PROJECTS

Help Us Understand How You Speak!

Take part in a 1.5hr study and add knowledge so that better aid may come to those with speaking difficulties.

If you are age 60 and over and interested please contact the details below.

Would you like to help us understand how ageing influences language production?

Participation involves attempting cognitive baseline and language tests that involves describing pictures, naming various colours and shapes. This study will take no longer than 1.5hrs.

If you are ages 60 and/or over and interested in participating or have any questions about the study, please contact Mr. Julian Tan at the UQ Neuropsychology Research Clinic at the University of Queensland on:

Email: julian.tan@uq.edu.au
Phone: 0487 124 493

Caring With Self-Compassion

Ethical approval: GU Ref No. 2019/481

Griffith University is undertaking research to explore how self-compassion might be used to support the emotional health needs of people caring for older family members.

You can get involved in a few ways....

Complete a survey about your health and wellbeing:

<https://prodsurvey.rcs.Griffith.edu.au/CarerHealthSurvey>

Participating in an interview about your perceptions of self-compassion & what. You think might help or hinder a self-compassion intervention for family carers of older adults

Join a small co-design group

to help develop a self-compassion intervention for family carers

Interested? Please contact:

Jenny Murfield

+61 (0) 7 373 57855

Ph 0422 205 025

j.murfield@griffith.edu.au



RESEARCH PROJECTS



ARC CENTRE OF EXCELLENCE FOR
THE DYNAMICS OF LANGUAGE

Are you living with
dementia?
Or caring for
someone who is?

Building technology

We are looking
to work together to
design and build
personalised
technology to help
with everyday lives.

Participation would involve working with a team including health and technology people to help make technology personalised to your needs. It would involve up to 10 visits to your home to try out and give feedback about the technology.

If you are interested in participating or have any questions about the study - please contact Dr Jacki Liddle at the Florence Project at the University of Queensland on:

email: j.liddle@uq.edu.au

phone: 07 3365 9765

RESEARCH PROJECTS

Participate in short term memory training project

Have you ever wondered what is really happening with your memory as you age? Or if your memory is actually failing you? Maybe you are forgetting more often where you parked your car or put your keys. If yes, then this study will be of interest to you. I am studying the potential of a new short term memory training program in answering those questions, as well as teaching some basic memory skills that you can use in everyday life.

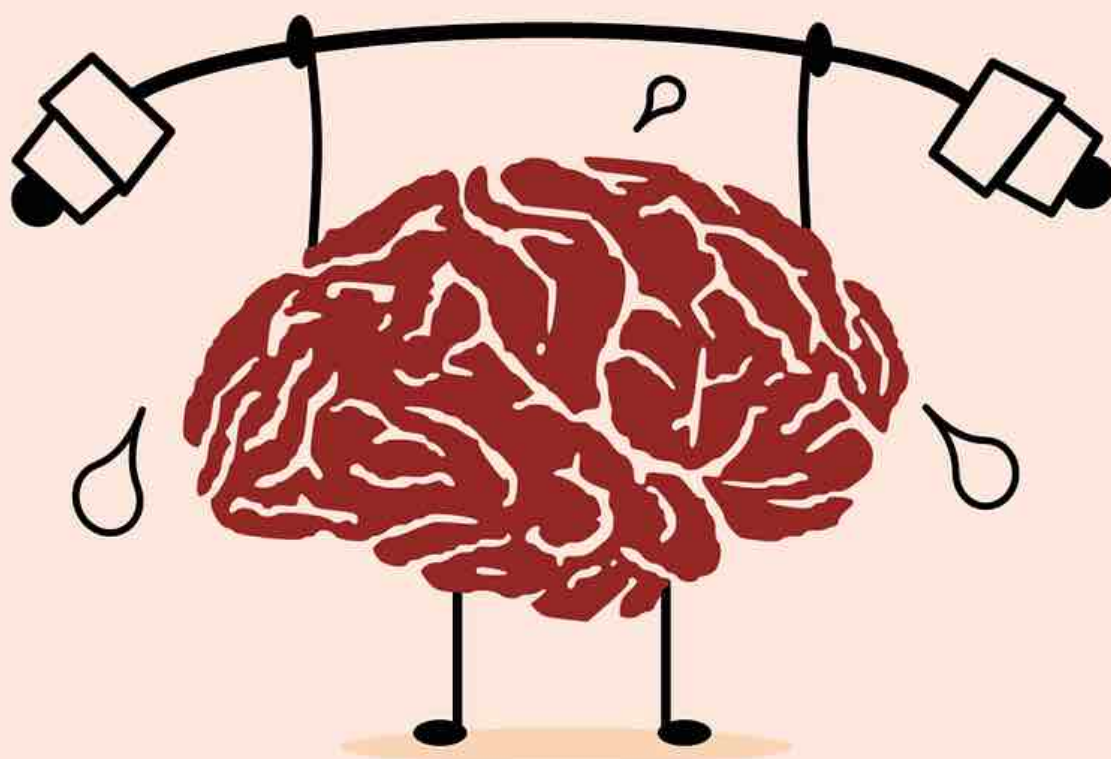
The aim of this study is to help you feel more secure about your memory and to be able to use it better. This study runs over five mornings (or afternoons) over a two-month period. We

are currently looking for older adults aged 60+ who can commit the time to improve their memory. Having a smartphone is good but not essential. At this point of time we are only looking for older adults that have not been diagnosed with neurological disorder such as Dementia and Alzheimer's and have unimpaired/corrected vision and hearing.

The training will be held at the University of Queensland and a certificate of completion will be provided once the training is completed.

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

Looking forward to hearing from you,



RESEARCH PROJECTS

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 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.

[Read more about our study](#)

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, on: (07) 3139-7208.

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

