

Ageing Mind Initiative

Issue 42, February 2020 Newsletter
www.uq.edu.au/ami

Welcome to opening Newsletter for 2020. The team at AMI hopes that everyone is staying as safe as possible as the bushfire crisis rages across Australia.

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Bushfire smoke can affect anyone but particularly people over 65 and those with existing heart or lung conditions. The Australian Government recommends that older people should reduce their exposure to bushfire smoke by avoiding vigorous outdoor exercise and spending more time indoors.

If you want to help, there are a number of organisations directly involved in helping both humans and wildlife impacted by the fires:

- NSW Wildlife Information, Rescue and Education Service ([WIRES](#))
- The NSW Rural Fire Service ([RFS](#))
- The [Australian Red Cross](#)
- The [Australian Conservation Foundation](#)

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If you have any questions or concerns, please email ami@uq.edu.au

Stay safe!

ISSUE QUOTE:

As I started getting older, I realized, 'I'm so happy!' I didn't expect this! I wasn't happy when I was young.

Jane Fonda

UQ Age Friendly University Initiative



CREATE CHANGE

At the UQ Academic Board meeting of 28th August, 2019, it was agreed that UQ begin a journey towards formally joining the Age Friendly University global network. This process is being led by Professor Nancy Pachana, clinical geropsychologist in the School of Psychology at UQ; view her profile at:

<https://researchers.uq.edu.au/researcher/967>.

The Age Friendly University movement began at Dublin City University, Ireland, in 2012. Since launching its 10 Age Friendly Principles, 50 universities in North America, Europe and Southeast Asia have formally joined the network. The AFU principles reflect six pillars of institutional activity: teaching and learning, research and innovation, lifelong learning, intergenerational learning, encore careers and enterprise, and civic engagement.

The 10 Age-Friendly University Principles

1. To encourage the participation of older adults in all the core activities of the university, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.
3. To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications).
4. To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.
9. To engage actively with the university's own retired community.
10. To ensure regular dialogue with organizations representing the interests of the aging population.

UQ Age Friendly University Initiative

A large working party spanning on and off-campus stakeholders, current students and alumni, and academic and non-academic staff across UQ's campuses are working on mapping how each principle sits within current university policy, operations and initiatives. Several initiatives and programs currently in place fit well within the Age Friendly Principles; other areas where gains can be made will be flagged with short and medium term goals. For example, AFU Principle 8 is "To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities." UQ Healthy Living [<https://habs.uq.edu.au/about/major-initiatives/uq-healthy-living>] offers world-class health assessment and personal exercise and wellness programs facilitated by an interdisciplinary, student-led clinic featuring exercise physiology, psychology, social work, audiology, nutrition, and occupational and physical therapy students to provide tailored restorative programs for older adults. UQ's Art

Museum offers existing community engagement programs, including for older adults, but plans to strive to ensure the museum's activities and exhibit space are not only age friendly, but also dementia friendly.

The working party is actively planning research initiatives to provide data for shaping UQ's application to become an Age Friendly University, as well as to be able to measure progress and any concerns going forward. Professor Pachana has links with researchers in the United States who will be contributing to international data gathering efforts. Surveys of key stakeholder groups, including current students and alumni, academic and non-academic staff, and community stakeholders (such as Council on the Ageing (COTA) members) will be forthcoming in the next few months. Industries who employ UQ graduates, such as Queensland Health, will also be surveyed.



UQ Age Friendly University Initiative

In joining the Age Friendly University global network, UQ will benefit from the knowledge and experiences of other universities who are farther along in this journey. Existing partner universities such as those in Universitas 21 (e.g. McMaster University, Canada) and those with whom the University has strong research ties (e.g. Washington University at St. Louis, USA) are already Age Friendly Universities, and this can inform shared initiatives.

Globally, countries including Australia are seeing a relative ageing of their populations. This widely recognized demographic shift brings both benefits and issues to be worked through, that echo through society from individual to global levels. UN Sustainability Development Goal 3 is “To ensure healthy lives and promote well-being for all, at all ages.” The World Health Organization has repeatedly warned of a dearth of health care

workers across disciplines who are well-versed in the care needs of older person. More broadly, citizens in ageing societies need more knowledge about ageing, and be able to provide opportunities for high quality engagement across the lifespan. More generally, universities create research, as well as researchers, practitioners, and informed citizens, and thus need to address and reflect both the benefits and issues of an aging society.

Progress towards UQ becoming an Age Friendly University will be summarized on the Age Friendly University update page of the UQ Ageing Mind Initiative: <https://ami.group.uq.edu.au/about/uq-age-friendly-university-initiative>

To hear more about the initiative, or to offer comments and suggestions, contact Professor Pachana directly: n.pachana@psy.uq.edu.au



A Decade of AMI Recap

Reflections from the UQ Healthy Living Event

The UQ Health Living event celebrating a decade of AMI was a wonderful success. Thank you to all of our AMI members who attended and enjoyed the enormous cake, delicious catering and stimulating conversation.

Prof Pachana delivered a short lecture summarizing some of the current and past research highlighted by AMI that contribute to healthy living. There was a particular focus on exercise and a brief tour of the UQ Healthy Living facility also occurred.

Prof Pachana also surprised guests with free signed copies of her book "[Ageing: a Very Short Introduction](#)"

Emma Poulsen who has worked with AMI since its foundation said "it was wonderful to have the opportunity to meet with so many AMI members who have been with us since the beginning. It really made me realize what a great community we have created"

Please enjoy these photos from the day.



AMI Member in Spotlight

Highlighting members of our AMI Community

Article by Emma Poulsen

I had the pleasure of sitting next to Lynette Duffy at the UQ Healthy Living event where we celebrated a decade of running AMI. Chatting to her highlighted the depth and wealth of knowledge and expertise we have in the AMI Community.

Lynette Duffy is a published author and an advocate for healthy eating as an everyday process to a healthier lifestyle. Having worked as a cook, she is notably adept in creating & converting recipes into simpler formats, that are lower in GI, sugar, salt and fat. She takes into consideration the barriers to healthy eating. As such, she has become an expert in planning useful menus with grocery lists, that you can use to save time and money.

Lynette wants people to “think before it goes onto your plate, a smaller morsel can be just as satisfying. Beware of plate sizes and portion control.”

Lynette is also a tutor of the Healthy Eating Class for University of the Third Age (U3A) Ipswich & West Moreton and a member of National Seniors Australia.

U3A is a worldwide self-help organisation promoting learning for personal enjoyment and wellbeing. Keeping the brain active, doing interesting things and making new friends are essential for helping older people to maximise their chances of independence.

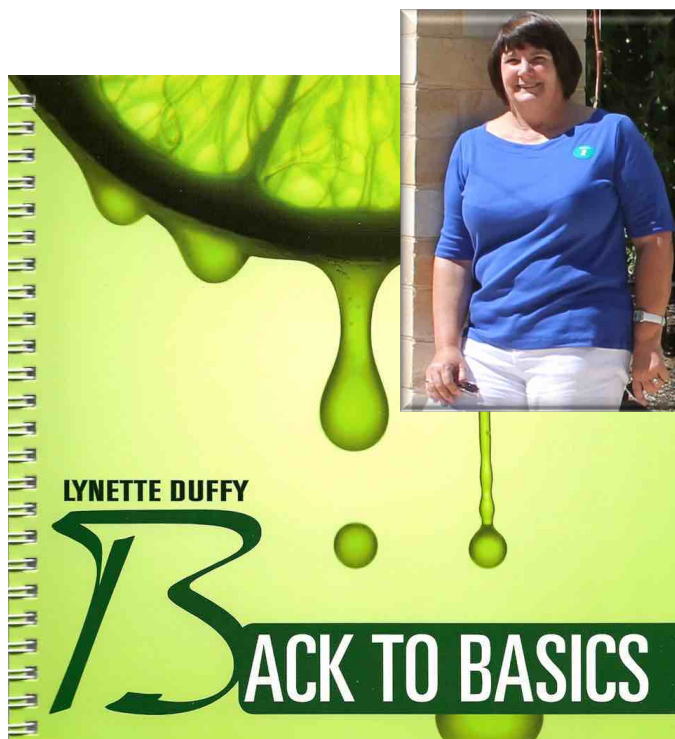
Through her role as tutor, Lynette is passionate about educating and motivating

members of the community about healthy eating.

“It takes 20 minutes for food to travel from your mouth to your stomach. If you stop eating when you feel full, you are overeating. As we age it is harder for us to lose the extra grams as easily when we were younger.”

Lynette has been a member of AMI since it's beginning. When asked about her experience as an AMI member she replied “I value my involvement with AMI, always finding the staff encouraging and supportive. For me, it is exciting to assist research surrounding the further understanding of how aging minds and bodies function and learning how adverse outcomes can be abated”.

Lynette has been kind enough to share two of her recipes on the next page!



Recipes from Lynette Duffy

Orange & Oregano Salad

Serves 4-8 adults

- 1 kg peeled & chopped oranges seeds removed
- 1 bunch fresh oregano
- 1 spring onion finely diced
- 400 g tin red kidney beans drained and rinsed
- Freshly ground black pepper to taste



In a serving bowl, arrange the oranges. Tear the leaves from the stems of oregano and toss in with the oranges add pepper, onion & beans then mix well. Serve cold.

VARIATIONS Tangelos and mandarins can be used alone or mixed with the oranges to add a different flavour and texture; four bean mix and chickpeas may be added also.

NOTE Oregano is easily grown in a pot anywhere or as a ground cover in the garden as I do. This salad can be used as a meal or side dish. This teams perfectly with Moreton Bay Bugs marinated in fresh lime juice, black pepper & a pinch of dried chilli flakes or a quiche.

Vegetable Risotto

Serves 6-8 adults

Cooking time approximately 20 minutes

- 1 tablespoon extra-virgin olive oil
- 1 onion diced
- Freshly ground black pepper
- 1 teaspoon freshly ground garlic
- 1 teaspoon freshly ground ginger
- Pinch dried chilli flakes
- 2 cups Arborio rice
- 6 litres low salt chicken stock
- ½ cup diced carrots
- ½ cup chopped beans
- ½ cup frozen corn kernels
- ½ cup frozen peas
- ½ cup diced zucchini
- ½ cup diced button squash
- 1 cup diced mushrooms

Place a large non-stick saucepan on the stovetop and gently cook the first six ingredients for two minutes. Add the rice and cook a further two minutes stirring so it does not stick. Pour in 2 cups stock and simmer until it is absorbed by the rice

stirring regularly. Add another 2 cups of stock with the carrots and beans and keep stirring until the stock has been absorbed. Pour in the final two cups of stock with the remaining vegetables and keep stirring until all the liquid is almost absorbed. Turn off heat, remove from stove and continue stirring until all the liquid is absorbed. Serve hot.

NOTE the mixture should have no visible liquid but will look moist. This dish is just as tasty eaten cold.

VARIATIONS

Chicken stock can be replaced with vegetable, beef or fish stock. Any vegetables in season can be used and/or replaced with frozen. Diced cooked chicken, beef or lamb may be added with the second portion of vegetables. Alternatively tinned fish, tofu or haloumi may be added at the end.



RESEARCH UPDATE:

How much are health professionals learning about ageing?

It is accepted that as part of delivering high quality care to older people, health professionals should have learning experiences, including practical, as part of their training.

Being educated about older people and having relevant experience can affect willingness to work in these areas of practice on graduation and the quality and equity of care received by older clients. Recently, researchers in Queensland conducted a survey of university programs training health professionals and asked about the ageing related content in the courses. They also surveyed organisations representing health professionals who often provide continuing professional development.

Surveys were sent to programs and organisations in a range of discipline areas (responses were received from medicine, nursing, psychology, occupational therapy, speech pathology, dentistry, podiatry, exercise physiology, medical imaging, osteopathy, physiotherapy, audiology, optometry, social work). Responses indicated that from 30 programs, most (62%) felt they had an appropriate level of ageing related content, with the remainder reporting it was too low. There was a large variety of time spent on ageing related education (ranging from zero to more than 700 hours; with the median being 67). 63% of programs had required practical experience with older people, and common areas covered included an overview (covered by 90%); healthy ageing (83%) and physical and mental health conditions (76%). Relatively low amounts of time, often only 1-2 hours were spent on topics including residential care considerations, dementia, and cultural considerations.

Respondents noted that it was difficult to find

time within overstretched curricula and noted concerns about difficulties in finding good quality practical opportunities.

Most of the 11 health professional organisations felt ageing was a priority for the discipline (81%) and offered related educational opportunities (72%). They felt it was important that practice with older people be optimized by better core training and positive experiences. They also noted that outcomes would be improved by funding that reflected the needs older people and was based around the existing evidence that indicates the potential of health professionals for improving ageing outcomes.

It was difficult for those surveyed to answer some of the questions and estimate time spent on ageing related learning. This is partly because some disciplines view this as part of core practice and combine all learning about adults together, and others regard it as specialised practice and provide separate learning experiences. More research is needed to determine how best to develop an informed and expert workforce that can provide quality care to older people.

This is the publication details – contact Jacki Liddle for more information j.liddle@uq.edu.au

Liddle, J., Beattie, E., Gannon, B., Bennett, S., & Pachana, N.A. (in press). Ageing as part of the curriculum for health care professionals: A Queensland survey. *Australasian Journal on Ageing* (accepted 21/01/2020)



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

The PEAK Study

The PEAK Study

People with knee osteoarthritis (OA) often consult a physiotherapist for management of their knee problems. Physiotherapy management typically involves the delivery of a structured strengthening exercise program, and advice about how to manage and increase physical activity levels. Physiotherapy may be delivered in any number of ways:

- Face-to-face consultations
- Consultations in public/private hospital settings
- Consultations at private practices
- Consultations at rehabilitation centres
- Video consultations over the internet
- Group-based classes
- Telephone consultations
- Consultations in community health centres
- Home-based visits from a physiotherapist
- Shared consultations with other health professionals
- Consultations in the workplace

We wish to evaluate the effectiveness of how physiotherapy is delivered to people with knee OA.

What will the study involve?

This study is comparing two different methods of delivery of physiotherapy for people with knee OA. Participants will be allocated to one of two groups. Both groups will receive the same quality care by a physiotherapist based on the best current research evidence. This will involve 5 consultations with a physiotherapist over a 3-month period, including an individualised strengthening exercise program and physical activity plan. Participants in both groups will receive detailed educational information about osteoarthritis and its management, resistance bands for exercising and a wearable activity tracker to help with increasing physical activity.

Participants will also be asked to complete a questionnaire at four different time-points throughout the duration of the study (9 months).

Who can participate?

We are looking for participants who are aged over 45 years with knee pain on most days who can commit approximately 9 months to the study and are not currently receiving physiotherapy treatment for their knee pain. You cannot participate in this study if you: have had a knee replacement in your most painful knee, have had any knee surgery within the last 6 months or are on the waiting list for surgery, have a diagnosis of rheumatoid arthritis or other inflammatory arthritis, have participated in any strength training exercises for your leg muscles in the last 6 months, or have any neurological or cardiovascular conditions.

We are looking for volunteers who are residing in/around the following locations:

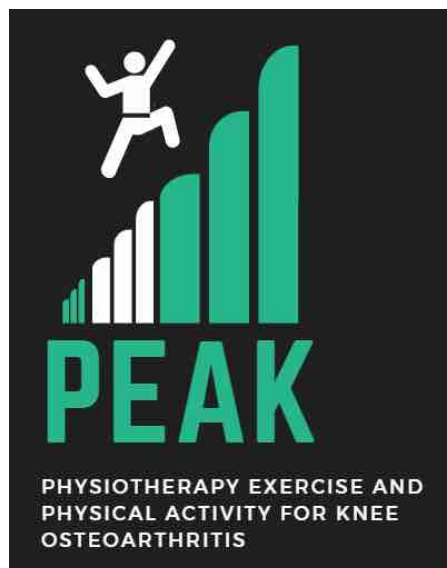
- Brisbane CBD and surrounding suburbs
- Northern Brisbane suburbs (e.g. Bracken Ridge)
- Mooloolaba
- Mareeba/Atherton
- Mackay/Cannonvale
- Toowoomba

To register your interest for this study, please visit:

www.peakstudy.com.au

OR email the trial coordinator **Penny Campbell**:

penelope.campbell@unimelb.edu.au



RESEARCH PROJECTS

How People Interact with their Surroundings

We are currently running projects at the School of Psychology at the University of Queensland (St. Lucia), and we are seeking out people who would like to participate in

our research. Our research asks new exciting questions surrounding how people interact with their immediate environment. We are seeking participants aged 65-85* to complete an object categorisation task. The task takes approximately 45 minutes, and you will be reimbursed with a \$15 Coles Myer Gift Card as reimbursement for your time. Free parking is available.

For any other information, please contact
Tessa Clarkson
P: 0478156595, E: t.clarkson@uq.edu.au or
Harrison Paff
P: 0406 907 611. E: h.paff@uq.edu.au

Ethics approval number: 2019001659

Harrison and Tessa
in the lab



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!




THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

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.

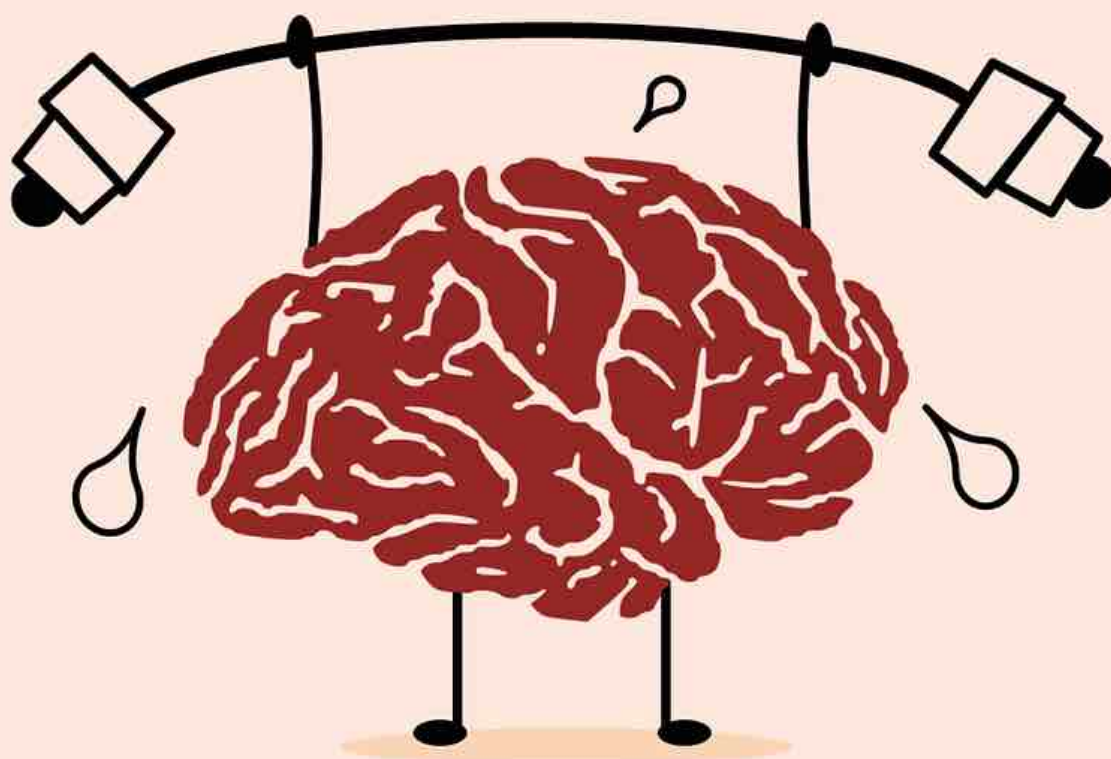
The aim of this study is to help you feel more secure about your memory and to be able to use it better. This study runs over five mornings (or afternoons) over a two-month period. We

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 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.

[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.