

Ageing Mind Initiative

Issue 44, August 2020 Newsletter
www.uq.edu.au/ami

Welcome to the August edition of the AMI Newsletter. It has certainly been an interesting quarter, different from anything we have experienced previously.

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We are excited to share a more diverse range of research projects as restrictions are gradually lifted in response to community efforts to contain the coronavirus (COVID-19) pandemic. There are also a number of studies aimed at exploring the impact of the coronavirus on our lives including one study on how you feel about travel (page 5) and another on the impact of coronavirus related closures of social care services (page 7).

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We are also pleased to update you on the outcomes from two previously advertised studies. They are the Brain Training Program for older adults (page 4) and a study on Telephone-delivered support and advice for people with knee osteoarthritis (page 5). To everyone who helped participate in these research projects, thank you.

While we are taking the time to enjoy some eased restrictions, please continue to stay safe and practice caution. Wishing you all health and happiness from the AMI Team.



ISSUE QUOTE:

“In every crisis, doubt or confusion, take the higher path - the path of compassion, courage, understanding and love.”

— Amit Ray, Nonviolence: The Transforming Power

Feature Article

Seniors are vital for the Survival of Australia's Tourism Industry

Covid 19 has and continues to cause significant disruption to the global economy. Given the nature of travel and tourism – i.e. large numbers of people in confined spaces and global mobility that enables to transfer of diseases from country, the tourism industry in particular has been and continues to be severely impacted. The financial loss to Australia's tourism industry in 2019/2020 is estimated to be close to \$15 billion dollars (IBISWorld, 2020) and with this comes a loss of jobs and livelihoods for fellow Australians. Currently, Australia's tourism managers have little understanding of how Covid 19 is likely to play out for their industry. The tourism industry had barely recovered from the 2019/2020 bushfire crisis before having to endure the impact of this unprecedented crisis.

Domestic tourists are critical to the survival of Australia's tourism industry as long as our international borders remain closed. Understanding how our domestic tourism market feel about traveling right now and having an idea of their intended travel behaviour will assist our tourism destinations to better predict, plan for and respond to the challenges that Covid 19 present. Such information will allow for the development of effective marketing communications and help the industry to get their messaging right when seeking to encourage visitors. The tourism industry can also benefit from identifying and understanding the characteristics of resilient travel segments that in turn assists in not only targeting the right people but also ensuring a satisfying and safe travel experience.

Seniors are a highly important travel segment for Australian tourism. According to recent research (White, 2019), seniors spend more money on domestic travel than any other demographic cohort. Seniors have more discretionary time than many other travel segments and in were estimated to take 2 to 3 domestic trips per year. As such Seniors are a vital resource when it comes to the continuity of the tourism sector during and following the pandemic. This study aims to provide valuable information for our industry regarding how seniors are feeling about travel in light of Covid 19. We are looking to understand whether members of this segment are still willing to travel / or not, where they would be prepared to travel and why. We also explore the level of risk seniors associate with traveling at the current time and the precautions they are taking to reduce their risk related concerns.

You can contribute to this study by sharing your views about traveling within Australia by completing a 15-minute online questionnaire (see page 5 for details). Rest assured your responses will remain entirely confidential and all answers will be collated to provide our industry with the insight they need to provide a positive and safe travel experience.

1. IBISWorld (2020) Tourism Sector to be Supported by Domestic Travel, Retrieved August 8, from: <https://www.ibisworld.com/industry-insider/coronavirus-insights/domestic-travel-to-support-tourism-sector/>

2. White, B (2019) Seniors, Boomers, +55's etc. Travel Research, Trends and Mythbusting 2019. New Young Consulting. Retrieved August 8 from: <http://www.afta.com.au/uploads/292/bronwyn-white-seniors-mythbusting.pdf>

Recipes from AMI Events

Rhubarb, Apple and Berry Crumble with Buffalo Yoghurt.

Serves Four

3 stems of rhubarb cut into 2 cm pieces
3 of your favourite apples, cored and cut into dice
1 punnet blueberries
2 tbsp pecan or macadamia oil
2 tbsp honey
100ml pecan or macadamia oil
 $\frac{3}{4}$ cup your favourite muesli
 $\frac{1}{4}$ cup flaked almonds
 $\frac{1}{4}$ cup pepitas
 $\frac{1}{3}$ cup whole meal flour
 $\frac{1}{4}$ raw or brown sugar
500g buffalo yoghurt or natural

This recipe was from the 2010
Positive Ageing Series cooking
Demonstration

Lightly heat oil and fry rhubarb and apple until coloured. Add honey, cover with lid and steam until tender but not cooked through. Add berries and cinnamon, toss and put aside. Combine remaining ingredients in pan and stir lightly toasting. Allow to cool slightly and serve over the rhubarb blend beside yoghurt.



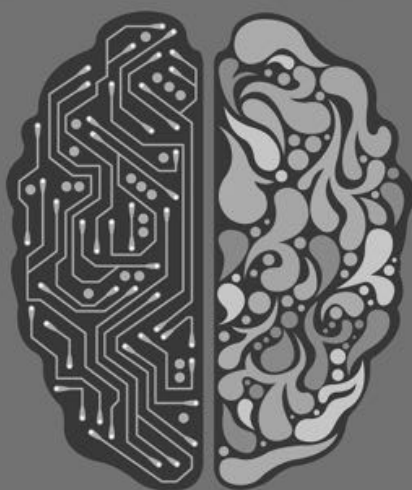
RESEARCH UPDATE: Brain Training Program for Older Adults

Project summary: We conducted the largest study to date looking at the effects of a type of non-invasive brain stimulation known as “tDCS” and cognitive training in older adults. tDCS involves delivering a mild electrical current to the scalp via two electrodes, and has been shown to influence underlying brain activity. 131 participants completed the study, which involved five sessions of training and tDCS (or one of three control groups), and cognitive assessments at pre- and post-intervention, and at one and three-month follow-up. These assessments looked at a broad range of cognitive abilities, to determine whether the intervention led to generalised cognitive improvement, and for how long this was sustained.

Findings: Participants improved their performance on most tasks over time. When comparing average performance between groups, those who received the intervention did not show better

performance compared to those who didn't. However, more fine-grained analysis approaches suggested that training and tDCS led to improvement in working memory (the ability to hold information in mind) and episodic memory (memory for events) for *some* participants at follow-up assessment. This depended on how much they improved their performance on the training task and genetic factors.

These findings are in keeping with increasing evidence that older adults differ in their responses to training and brain stimulation. For instance, previous studies have found differences based on age, education and baseline abilities. In summary, there is some promise in combined training and tDCS but further work is needed to determine which individuals are most likely to benefit.



RESEARCH UPDATE:

Telephone-delivered support and advice for people with knee osteoarthritis (Telecare Study)

Investigators: Professor Rana Hinman, Professor Kim Bennell, Professor Simon French, Professor Andrew Forbes, Professor Anthony Harris, Professor Andrew Briggs, Dr Stephen Bunker, Ms Janette Gale, Ms Caroline Bills, Ms Penny Campbell, Dr Belinda Lawford

Knee osteoarthritis is a major problem in Australia and helping people to self-manage the condition is an important aim of treatment. Exercise in particular, is a key component of self management. Unfortunately, not all Australians with knee osteoarthritis have easy access to health professionals who can advise them how to exercise and increase their physical activity levels. One way to potentially improve access to healthcare is to provide self-management advice over the telephone. This study looked at two different forms of telephone-delivered support and advice for people with knee osteoarthritis:

Nurse Only: involved one telephone call with a registered nurse from the existing Musculoskeletal Australia Help Line

Nurse + Physio: involved one telephone call with a registered nurse from the existing Musculoskeletal Australia Help Line, as well as 5-10 telephone calls with a physiotherapist who delivered exercise advice and support over a period of 6 months

We wished to see whether individuals in the Nurse + Physio Group would have greater improvements in their knee pain and physical function at the 6 and 12 month follow ups,

when compared to individuals in the Nurse Only Group who received existing care from the Help Line.

WHO WAS INVOLVED?

679

individuals Australia-wide were screened for eligibility via the internet and/or telephone.

246

people were deemed eligible for the study and invited to complete the baseline questionnaire

175

participants were enrolled into the study

165 & 158

participants completed the 6 and 12-month questionnaires, respectively



Continued...

Telephone-delivered support and advice for people with knee osteoarthritis (Telecare Study)

What were the findings of the trial?

KNEE PAIN –

Pain was assessed with a 0 to 10 rating scale, where 0 = no pain and 10 = worst pain possible. At 6 months, although knee pain levels had decreased in each group, there were no significant between group differences in knee pain. At 12 months, pain severity remained similar between groups.

PHYSICAL FUNCTION –

Function was assessed using a questionnaire called the WOMAC, where participants rated their ability to perform 17 different daily activities. The total score on this questionnaire ranges from 0 (no difficulties with function) to 68 (the most difficulties with function). At 6 months, the group receiving exercise advice and support from the physiotherapist (Group 2) had a greater improvement in their physical function compared to Group 1. However, by the final 12-month timepoint, physical function was similar across the two groups.

What did we learn from the study?

This study showed that incorporating exercise advice and support by physiotherapists into an existing national musculoskeletal telephone service by nurses provided some modest benefits at 6 months for people with knee OA, including improved physical function, improvements in some (but not all) measures of pain and physical activity level.

Most benefits tended to disappear by the 12 month timepoint. This may be related to the absence of physiotherapist support in the latter 6 months and/or participant's being less adherent to their exercise and physical activity program over this time.

The overwhelming majority (93%) of participants were satisfied with care received in the physiotherapist-led exercise and support group, compared to only 40% of the existing nurse-led service group, suggesting telephone-delivered care from a physiotherapist is acceptable to, and valued by, people with knee OA.



Current Ageing Research

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

How are you feeling about travel at the current time?

We would love to hear your views towards traveling within Australia in light of the Covid 19 pandemic. By participating in this 15 minute questionnaire you will help us and our tourism industry to better understand what Covid 19 means for domestic tourism demand. We would like to know whether people are willing to travel / or not, where they would be prepared to travel and why. We also explore the level of risk people associate with traveling post Covid and the precautions they are taking to reduce their risk related concerns. We also ask a few questions regarding empathy and the level of control people feel they have over life generally. Thank you for considering this request and providing a little of your time to participate in this study.

The Survey link can be accessed here:

https://uqbel.az1.qualtrics.com/jfe/form/SV_ermvFcicNz0t8jP

For more details please contact **Associate Professor Gabby Walters**

Tourism Discipline, UQ Business School
The University of Queensland

T +61 7 3346 0593

E g.walters@uq.edu.au



RESEARCH PROJECTS

Understanding the impact of lower limb osteoarthritis on an individual's ability to work

Researchers from The University of Queensland are looking for people with and without osteoarthritis in the hip, knee, ankle or foot to participate in an online survey, an online interview or both.

Online survey: We would like to invite people with and without osteoarthritis in the hip, knee, ankle or foot to complete an online survey about how their health affects them at work.

Online interview: We would like to talk to individuals with osteoarthritis of the hip, knee, ankle or foot to discuss their experiences working with joint pain. This will take about 30 minutes.

You may be eligible if you are:

- Aged above 18 years.
- Employed in paid work or self-employed.

If you would like to participate in this project, please visit the following link to assess your eligibility and register your interest:

https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_2gz3DvPYiDk2GyN

For more information about this study please email y.alyousef@uq.net.au



RESEARCH PROJECTS

Exploring the impact of coronavirus related closures of social care services on the lives of older adults, people with dementia and family carers

We are looking for volunteers who **can participate in our online survey** <https://prodsurvey.rcs.griffith.edu.au/COVID> to explore how COVID-19 related social service closures affect the lives of older people, people with dementia and informal carers in Australia. The survey is open till August 14th.

The study involves you completing an **online survey** <https://prodsurvey.rcs.griffith.edu.au/COVID> three times over 12 weeks. The first time you complete the survey will take approximately 45 minutes. We will ask you about your use of social support services, self-isolation and your well-being. Alternatively, a telephone conversation can be scheduled, instead of completing the survey on-line, after contacting the research team.

We are also looking for **volunteers to be interviewed** about their experiences during COVID-19 lockdown. The aim of this interview is to explore the effects of coronavirus related closures of social care services on the lives of people with dementia and family carers. We are also

interested in whether there might be any barriers to accessing substitute care depending on where you live and your background.

Contact **Dr Katarzyna Lion** (Chief Investigator) on k.lion@griffith.edu.au (07 373 58440) if you are interested to be interviewed. Detailed information about the research project can be found on our website (<https://healthcheck.griffith.edu.au/seeking-participants-for-a-study-on-the-impact-of-coronavirus-related-closures-of-social-care-services/>).

The study obtained a **Griffith University Human Research Ethics Committee clearance (GU ref no: 2020/488)**. Griffith University conducts research in accordance with the National Statement on Ethical Conduct in Human Research. If you have any concerns or complaints about the ethical conduct of this research project, please contact: The Manager, Research Ethics, Office for Research, Bray Centre, Nathan Campus, Griffith University (Tel: 07 3735 4375 or research-ethics@griffith.edu.au).



RESEARCH PROJECTS

TECHNOLOGICAL NEEDS ANALYSIS SURVEY

Australian Aged Care Technologies
Collaborative

Technological Needs Analysis Survey

As Australian Aged Care Technology Collaborative at GU, we try to assess technological needs among aged care sector.

You are invited to participate in these international surveys.

There are four separate surveys dedicated to adults aged 65 years or older, family carers of adults aged 65 years or older, industry and academics, Clinicians, healthcare practitioners and aged care service providers

The survey is primarily made up of questions that require you to write responses. We ask that you spend no longer than 30 minutes completing the survey.

If you need to take a break during the survey, please use the save-and-return function.

You can find all surveys
here: <https://bit.ly/AACTCSurvey>

OUR SURVEYS



Older adults (65+)

A survey for adults aged 65 years or older.



Informal carers

A survey for family carers of adults aged 65 years or older.



Aged care service providers

A survey for clinicians, healthcare practitioners, and aged care service providers.



Industry and academics

A survey for industry and academics.

RESEARCH PROJECTS

A Memory Training Program for Older Adults

Interested in finding out what happens to your memory as you age?

Want to learn some techniques to improve your memory?

Then you will love this study!

The aim of this study is to help you feel more secure about your memory and to be able to use it better.

We are looking for older adults aged 60 years and above who can commit to 12 hours spread over five days across 2 months, do not have a neurological disorder, have unimpaired/corrected hearing and vision, and have a mobile phone. The program will be run at UQ at the University of Queensland, with easy access to and from public transport and free parking.

You will receive a certificate of completion at the end of the study.

Please contact me at bmtpuq@gmail.com or on 0425 207 506 for more information or if you would like to sign up



RESEARCH PROJECTS

The QLD Mind Project

Researchers from the UQ School of Psychology are seeking older adults to help them better understand how the ability to interpret specific types of social information, as well as some aspects of memory, are affected by a range of clinical disorders.

To understand if these abilities are affected, they need to assess a non-clinical comparison group. Participation in this study will involve completing a single testing session of approximately three to four hours duration. During the session, you will be asked to complete paper based and computerised measures that tap into these and related abilities.

You'll receive:

You will receive \$80 to cover travel expenses and for participation in the study.

Eligibility:

1. Aged 45 years or older;
2. A native English speaker, or have a high level of English proficiency;
3. No current/previous diagnosis of a

psychiatric illness (e.g. bipolar disorder, schizophrenia, on-going issues that have required recent hospitalization or continuing treatment by a psychologist/psychiatrist);

4. No neurological disease or neurological development disorder (e.g. Epilepsy, Parkinson's disease);
5. No current or past brain trauma (e.g. stroke, traumatic brain injury);
6. No substance abuse (e.g. alcoholism); and
7. No other illness that may impact day-to-day functioning and engagement with activities (e.g. chronic fatigue syndrome).

Register your interest:

For more information or to participate please contact Sarah Coundouris via s.coundouris@uq.edu.au or 0448 833 569.

This study has been approved by The University of Queensland Human Research Ethics Committee [Approval No. 2018001920]



RESEARCH PROJECTS

The PEAK Study

Physiotherapy, Exercise and Physical Activity for Knee Osteoarthritis – 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

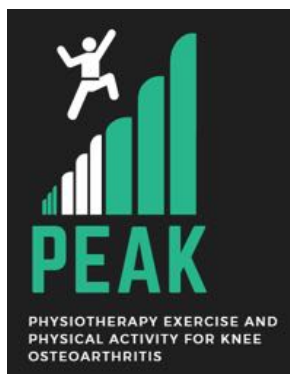
tracker to help with increasing physical activity. Participants will also be asked to complete a questionnaire at four different time-points throughout the duration of the study (9 months).

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
- 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

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.

Note: this study is open to Telehealth



RESEARCH PROJECTS

A survey study about driving: behaviours and attitudes

If are currently driving or have driven in the past we would love to hear your views on the importance of driving to you, your identity, independence and community engagement. Your input will contribute to an important area of research into driving and the potential consequences of retiring from driving.

We are especially keen to hear from people aged 50 years and above. Participation involves filling in an online questionnaire. The questionnaire is anonymous and should take about 20-30 minutes to complete. Please click on the link below, if you wish to learn more or to participate:

https://uqpsych.qualtrics.com/jfe/form/SV_bf188x0FEDKFZMp

If you would like to contact the researchers about the study, please email Dr Theresa Scott, School of Psychology, UQ theresa.scott@uq.edu.au or Psychology Honours student Mr **Andrew Lee** andrew.lee6@uq.net.au

Thank you for your time. We value your perspectives and input into our research.

Contemporary Understandings of Dementia

You are invited to participate in a study aimed at understanding societal views of Dementia.

Researchers at The University of Queensland are exploring current understandings about how societal views of dementia may impact the lives of people living with dementia, either directly or indirectly. This is a new study in 2020. We are grateful for your participation as the success of our ongoing research into this important area depends on the assistance of participants.

To be eligible you need to be aged 18 years or over. Participation involves taking an anonymous online questionnaire which should take 20-30 minutes to complete. Please click on the link below if you wish to participate:

https://uqpsych.qualtrics.com/jfe/form/SV_ex1IICo7Sbnl8up

By helping with this research, you can go into the draw to win 1 of 2 \$50 Coles Myer Gift Cards!

This study is being conducted by Alana Eggins as part of the requirements for the Bachelor of Psychological Science degree (Honours) at The University of Queensland under the supervision of Dr Theresa Scott.

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

RESEARCH PROJECTS

SEX AND INTIMACY AFTER SPINAL CORD INJURY

Participants required for research

Looking for people who had a spinal cord injury within the last 10 years to participate in an interview.

The interview will focus on whether sex and intimacy was addressed during your recovery and how this area could be improved. Topics may include- sexual activities, relationships and reproduction.

Considering current events, the interviews will be either online or over the phone.

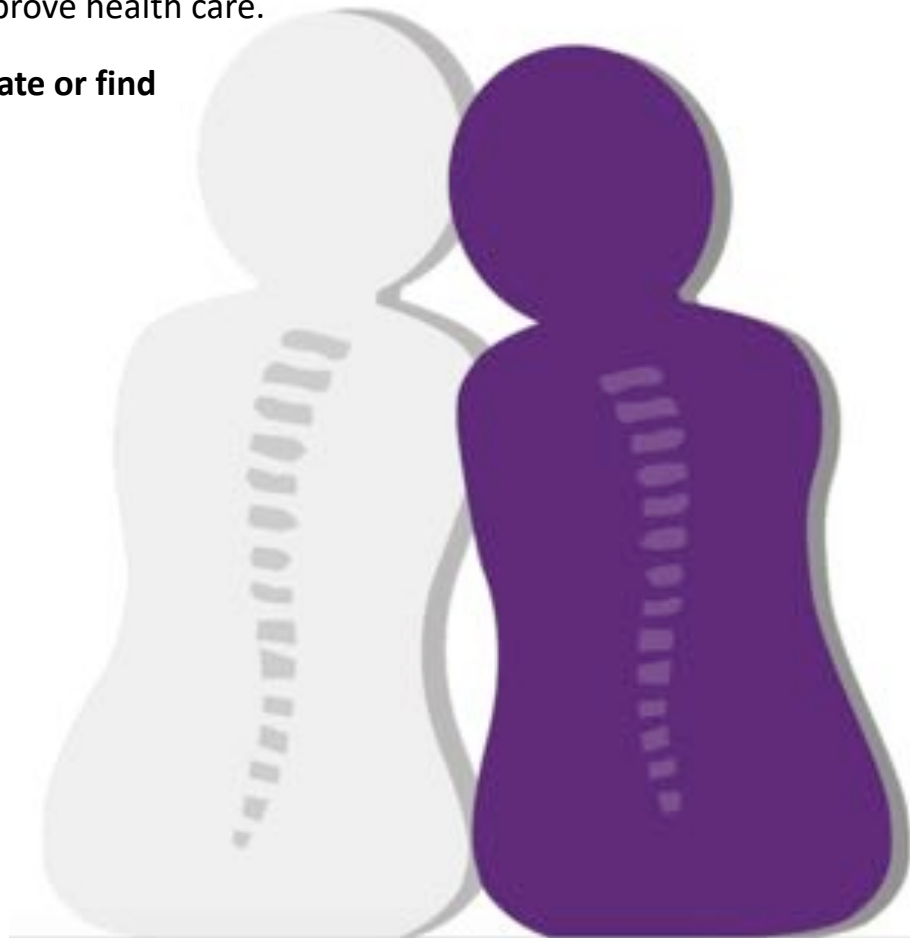
We understand it can be awkward to discuss, however your participation will help to improve health care.

If you would like to participate or find out more, please contact

Chloe Bryant:

0432 833 338

chloe.bryant@uq.net.au



RESEARCH PROJECTS

Do you have experience with transport and people living with dementia?

We are seeking help with a research study about future transport technologies and people living with dementia.

You could be involved in a range of contactless research activities including interviews, creating explanations and designing resources to help explain key issues.

Flexible participation options.

Please contact Jacki Liddle or Peter Worthy from the research team on j.liddle@uq.edu.au or write to Jacki Liddle, School of Information Technology and Electrical Engineering, The University of Queensland, St Lucia 4072 for more information.



Image by Tom Worthington (Flickr)

For additional information or to be added to the AMI mailing list and Listserve, please contact us via email at ami@uq.edu.au.

Alternatively you may contact Dr Nancy Pachana at School of Psychology, The University of Queensland ST LUCIA QLD 4072 or Tel. 07-3365-6832