

Ageing Mind Initiative

Issue 47, May 2021 Newsletter

<https://ami.group.uq.edu.au/>

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Welcome to the May 2021 AMI Newsletter. We hope you are able to find some intriguing new studies to participate in.

We have seen an increase in the amount of research being published that explores the impacts of COVID-19 (feature article pg 2). There are also a number of studies seeking participants to better understand life in a global pandemic. For example you can explore the impact of COVID-19 and Australians' attitudes towards older members of society (page 17) or help us better understand mental health protective factors associated with COVID-19 (page 10).

Whatever your fancy, we hope you find something of interest in this months reading or maybe an event or two worth attending (page 3 & 4).

If you have any questions, please don't hesitate to email ami@uq.edu.au and share this resource to others who may be interested.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

ISSUE QUOTE:

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

~ Helen Keller

Feature Article

Age Advantages in Emotional Experience Persist Even Under Threat From the COVID-19 Pandemic

There has been some good news in research published late last year demonstrating the ongoing resilience of older adults emotional well-being despite the impacts of the COVID-19 global pandemic.

Carstensen, Shavit and Barnes from the Department of Psychology at Stamford University recently published their findings in *Psychological Science*; 31(11):1374-1385. doi: 10.1177/0956797620967261

Abstract

The COVID-19 pandemic is creating unprecedented, sustained, and unavoidable stress for the entire population, and older people are facing particularly heightened risk of contracting the virus and suffering severe complications, including death.

The present study was conducted when the

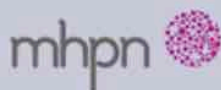
pandemic was spreading exponentially in the United States. To address important theoretical questions about age differences in emotional experience in times of crisis, we surveyed a representative sample of 945 Americans between the ages of 18 and 76 years and assessed the frequency and intensity of a range of positive and negative emotions. We also assessed perceived risk of contagion and complications from the virus, as well as personality, health, and demographic characteristics.

Age was associated with relatively greater emotional well-being both when analyses did and did not control for perceived risk and other covariates. The present findings extend previous research about age and emotion by demonstrating that older adults' relatively better emotional well-being persists even in the face of prolonged stress.



MHPN Webinar

Culturally Responsive Health Care for Older Australians



WEBINAR INVITATION



An Australian Government Initiative

Culturally Responsive Health Care for Older Australians

Wednesday 19 May 2021 • 7:15pm AEST

This webinar will explore the relationship between culturally diverse social and emotional wellbeing beliefs and aging related issues, and examine how this interplay impacts the treatment and support sought by older people.

[Register now](#) to learn practical tips and strategies to engage in recovery oriented, culturally responsive conversations with older people. Our panel will provide a deeper understanding of the role that different disciplines, faith based groups and community services play in providing care for older people and as a result improve referral pathways.

The interdisciplinary panel of subject matter experts includes; Susan Moylan-Coombs (CEO, The Gaimaragal Group), Dr Ming Loh (Geriatrician), Sameera Suleman (Occupational Therapist) with Dr Stephen Ginsborg (General Practitioner) as facilitator.

Before the webinar, you can read more about the [panel](#).

This is the third in a series of three webinars focusing on older Australians, presented by MHPN in partnership with all 31 Primary Health Networks (PHNs).

Webinar details:

Date: Wednesday, 19 May 2021

Time: Australian Eastern Standard Time

7.15 pm - NSW, Vic, Tas, Qld & ACT

6.45 pm - SA & NT

5.15 pm - WA

Duration: 75 minutes

Questions?

Email MHPN on webinars@mhpn.org.au or call 1800 209 031



Dementia Training Australia

Webinar presented via Zoom

Capacity and decision making in dementia: a case-based approach for GPs

About this event

One of the most challenging aspects of caring for a person living with dementia is guiding them and their family and carers through issues brought on by diminishing capacity.

This interactive webinar will offer a clear approach for GPs and other health practitioners when faced with questions regarding capacity of their patients.

Our GP presenters will:

explain the differences between decision-making ability, capacity and competency in relation to people living with dementia
apply a structured approach when assessing whether a person living with dementia has capacity for specific tasks
clarify the duty of care in relation to confidentiality for your patients living with dementia



Thursday, 27 May 2021

7:00 - 8:00pm (AEST)

6:30 - 7:30pm (ACST)

5:00 - 6:00pm (AWST)

Webinar presented via Zoom

Presented by:



Dr Sara Bird
(MBBS, MFM (Clin), FRACGP)
Executive Manager, Professional Services
MDA National

[Click here to Register](#)



Dr Hilton Koppe
(MBBS, MFM, FRACGP)
Lead Educator
DTA GP Education Team



Dr Marita Long
(MBBS Hons, BMedSci,
FRACGP, DCH, Cert S, RH)
GP Educator
DTA GP Education Team

RESEARCH UPDATE: Development of Brief Wisdom Measure

Trilas Leeman, PhD, Bob G. Knight PhD, and
Erich Fein PhD

Although wisdom is a desirable life span developmental goal and an aspect of successful ageing, researchers have often lacked brief and reliable construct measures. We tested whether an abbreviated set of items could be empirically derived from the popular 40-item five factor Self-Assessed Wisdom Scale (SAWS).

Survey data from 709 respondents were randomly split into two and analyzed using confirmatory factor analysis (CFA). The survey was conducted online in Australia.

Sample 1 showed the 40-item SAWS did not fit the data. Exploratory factor analysis

(EFA) on Sample 2 offered an alternative model based in a 15-item, five factor solution with the latent variables Reminiscence/Reflection, Humor, Emotional Regulation, Experience, and Openness. This model, which replicates the factor structure of the original 40-item SAWS with a short form of 15 items, was then confirmed on Sample 1 using a CFA that produced acceptable fit and showed that it worked for men and women and across all age groups.

The abbreviated SAWS-15 can be useful as a measure of individual differences in wisdom, and we highlight areas for future research.

This study is now published online in [International Psychogeriatrics](#)



RESEARCH UPDATE: Cultural Values and Caring for Frail Older Family Members

Bob G. Knight, PhD and students

Previous research on cultural values influencing family caring for frail older adults has focused on individualism versus familism. Findings have suggested that familism is more about obligation than about positive attitudes toward caring. We asked three different cultural groups of carers about their own perceptions of values involved in their caring for an older family member.

Seventeen family caregivers from Australian Aboriginal, Romanian-Australian, Pacific Island, and white non-immigrant Australian backgrounds participated in semi-structured interviews about their caregiving experience and the role that values played in caring for a frail older adult. Thematic analysis of the interview transcripts led to identification of themes of cultural values, religious values, love, reciprocity and responsibility/obligation.

While cultural values were referenced as influencing family care versus institutional care, religion was a more clearly identified source of values. Caregivers mostly shared

values of love, reciprocity, and responsibility/obligation rather than endorsing culture specific values.

Future research and development of caregiver interventions could be based on these perceptions of caregivers themselves rather than external perceptions of researchers and service providers.



Current Ageing Research

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

Lyrics processing in popular music: An online music listening study for older adults

Do you love listening to music?

Do you know all the lyrics to your favourite songs?

Do you want to help us better understand how lyrics in music are processed?

If you've answered YES to any of the questions above, we are looking for you to participate in this online study!

What is the study about?

Researchers at the Language Neuroscience Lab are looking for healthy older adults to

participate in an online music study looking at how music affects recognition of lyrics and word processing in popular music.

What will I need to do?

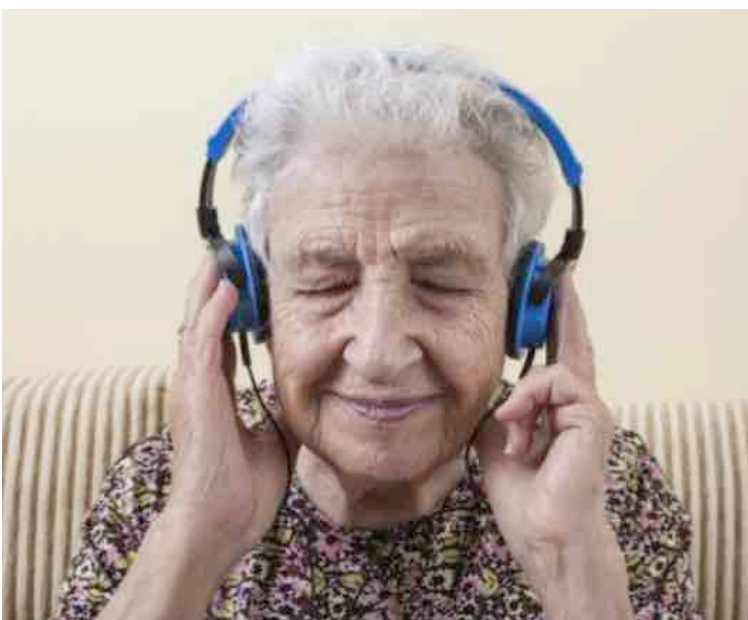
You will listen to excerpts of popular songs, do a lyric completion task, and rate your familiarity with the songs you heard. The expected study duration will be 60 minutes.

Eligibility criteria:

- 60+ years old
- Proficient in English
- No significant hearing and visual impairments, or language or music processing disorders
- Able to access personal computer, headphones, and internet

For more information:

- Contact Jennifer:
jennifer.lee3@uqconnect.edu.au
- Register your interest:
tinyurl.com/LNLmusic



RESEARCH PROJECTS

Uncovering a novel therapeutic target to reduce dementia risk in Parkinson's disease (TRIP)

Study rationale

Dementia is common at advanced stages of Parkinson's disease. With it comes lower quality of life, increased financial burden, and early institutionalization. Yet unfortunately, there are currently no known effective treatments to treat or reduce the risk of dementia in Parkinson's disease.

Study objective

The TRIP study aims to:

1. use neuroimaging of the brain to develop a marker for future dementia risk in Parkinson's disease and
2. test whether a drug (levetiracetam) can improve memory problems and reduce dementia risk in people living with Parkinson's disease.

Potential impact

We hope to produce evidence for a new therapy to reduce dementia risk in Parkinson's disease. If this initial trial is successful, this will lead to a larger international trial to develop levetiracetam as a treatment in Parkinson's disease. However, regardless of the outcome, the TRIP study will help us understand more

about cognitive impairment in Parkinson's disease. In particular, we will learn about the brain mechanisms behind the memory problems experienced by many people living with Parkinson's disease.

Eligibility Criteria

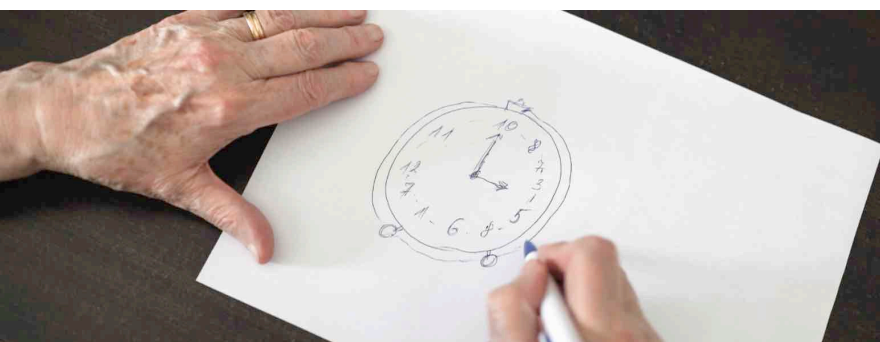
- People living with Parkinson's disease
- No Deep Brain Stimulation (DBS), pacemaker, or other metal in the body (if unsure, feel free to ask the study coordinator)
- Fluent in English

We are also recruiting older adults without Parkinson's disease or memory problems as a comparison group.

Study duration

All older adults without memory problems will be required to make three (3) study visits over two (2) weeks. People with memory problems will be required to make six (6) study visits over twelve (12) weeks.

Continued on next page...



RESEARCH PROJECTS

Continued from previous page...

Study procedures

People without memory problems will complete cognitive, which is located on the RBWH Campus' after UQCCR psychological, and motor symptom tests, and then complete a memory test during an MRI scan.

People living with Parkinson's disease and memory problems will complete cognitive, psychological and motor symptom tests, as well as a medical assessment and blood test. Once enrolled in the clinical trial, people with memory problems will have two rounds of treatment – one where they take the drug (levetiracetam) and one where they take a placebo (an inactive ingredient, like sugar). At the end of each treatment, they will complete a memory test during an MRI scan.

Participant resources

All study assessments are provided at no

cost, and a \$50 travel reimbursement is available for each visit to UQCCR.

Participants will also receive education and support from the study team throughout the study period.

Contact: Dana Pourzinal

T: 07 3346 5028

E: pd.research@uq.edu.au

W: bit.ly/TRIPStudy



What do you think about home telehealth?

Researchers from the University of Queensland are interested in your opinion about using technology in your home to access healthcare services (telehealth).

If you are aged over 50 years, living in Australia and willing to complete a survey (either online or paper-based) you are eligible to participate. The survey will take approximately 45 minutes to complete.

Upon completion of the survey you will receive a \$30 retail gift card (e.g., Coles/Myer) to thank you for your participation.

Please feel free to share with those you think may also be interested.

Please contact Dr Megan Ross on m.ross@uq.edu.au to express your interest or for further information.

RESEARCH PROJECTS

Understanding potential mental health protective factors associated with COVID-19

UQ researchers are seeking participants aged 50 years and over to participate in a survey regarding their COVID-19 experience to help understand the impact of the pandemic and potential protective mental health factors.

Who?

Anyone who is 50 years or older

What?

Participation in this study will involve completing a 30 minute online (or paper-based survey, if preferred). Questions relating to participants' experience of COVID-19 will be included to comprehensively understand the impact of the pandemic.



Image credit: [Centre for Ageing Better](#),

licensed under [CC BY-ND 4.0](#)

If participants anticipate that such questions may be distressing, they are encouraged to consider whether or not this research project is suitable for them.

Why?

To help identify individual factors which may have a protective benefit for older adults experiencing pandemics.

More information?

If you have any questions or concerns, or would like a paper copy of the survey, contact Carissa Roberts at carissa.roberts@uqconnect.edu.au or on +61 7 3365 7193.

Ready to participate?

[Click here](#) to start the survey or scan the QR code below:



This study has been approved by The University of Queensland Human Research Ethics Committee [Approval No. 2021/HE000405]

RESEARCH PROJECTS

Are you currently caring for an elderly or frail family member?

Interested in contributing to the body of knowledge about how to improve the quality of life for both carers and care recipients?

I am a Psychology Honours student who is passionate about improving the quality of life for carers and the frail and elderly.

I am completing my Thesis at the University of Southern Queensland under the supervision of Professor Bob Knight, honorary professor in the School of Psychology at The University of Queensland. I am looking for participants who are currently caring for an elderly or frail family member and are willing to be interviewed about their experiences.

I would very much appreciate no more than 1 hour of your time to gain your insights into this very important area of research. Interviews can be conducted in person, by phone or via video at a time that suits you during May and June 2021.

All data and information collected will be kept confidential and can be anonymous.

For more information or to register your interest, please contact Lauren Donsky on 0412 474 517 or via email

ldonsky@wellnessaustraliagroup.com.au

Mental health services accessibility study

I'm Judith O'Sullivan, a Science/Psychology honours student who is passionate about improving access to mental health services in rural and regional Australia. I'm doing a study into barriers to mental health services and making those services more available for older adults.

If you have an hour to spare, I'd greatly appreciate your insights into this important area of research. You don't need to have used mental health services in the past or think you may use them in the future.

I'm looking for people aged 65 and over who have lived in rural or regional Australia for 5 or more years and are willing to talk about their views on accessing mental health services using technology (over the internet, by email etc). Everything you

share with me will be kept confidential and your personal information will be kept anonymous. We can talk in person, by phone or video-conference at a time that suits you during April or May 2021. Please feel free to pass on this request to others who may be interested in joining the study.

My supervisor is Professor Bob Knight, honorary professor in the School of Psychology at The University of Queensland, who has published extensively internationally and in Australia on psychology and ageing.

Please contact me at u1133433@uqmail.usq.edu.au or **0417 482 230** to join this study.

Thank you for your interest.

RESEARCH PROJECTS

Problem Solving and Memory Study Across the Adult Life Span

Researchers from the University of Queensland are looking for individuals who are interested in taking part in a study examining problem solving and memory across the adult lifespan.

During the session you will be asked to complete paper based and computer-based measures of everyday problem solving and memory.

To participate you will need to:

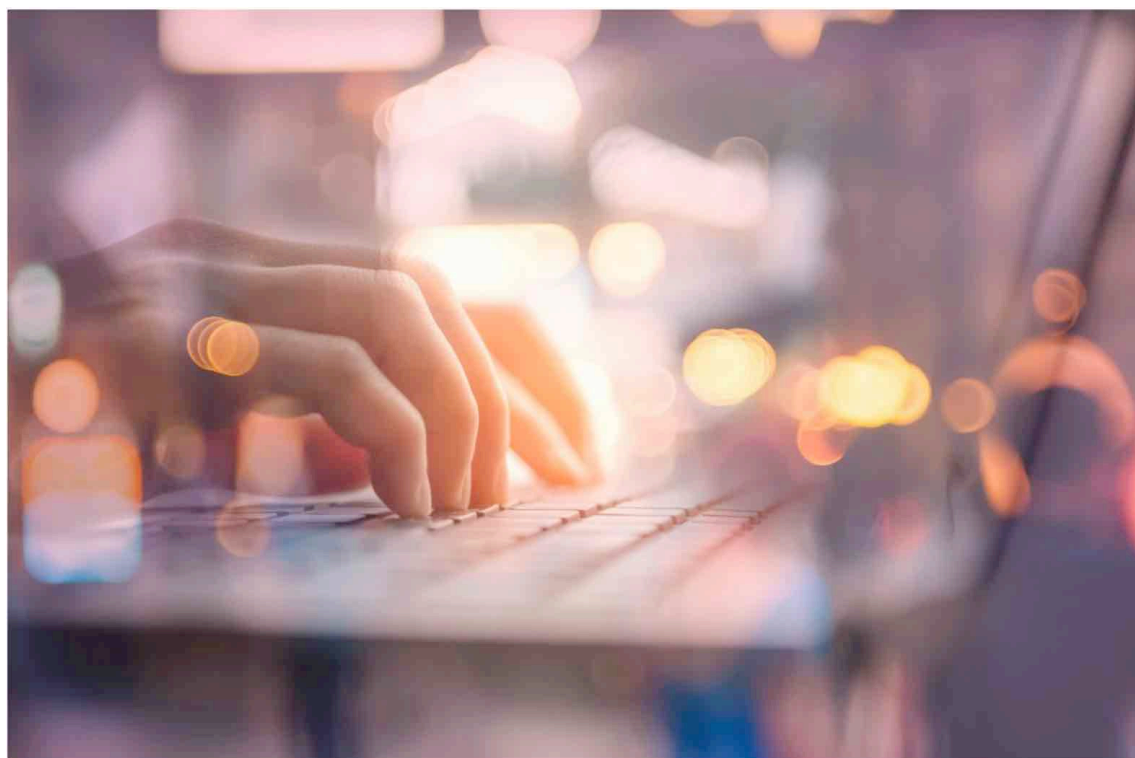
- Be over 65
- Have no history of neurological illness (e.g. Dementia or Alzheimer's) or major psychiatric illness
- Be a native English speaker
- Have no hearing or visual difficulties

This study will take approximately 2 hours. Upon completion you will receive a \$40 Coles/Myers retail gift card to thank you for your participation.

Please feel free to share with those who you think may also be interested in participating in this project.

If you would like more information or would like to participate, please contact Jessica Taylor on 04 6833 2528 or j.taylor5@uq.net.au or email Dr Fiona Maccallum f.maccallum@uq.edu.au

This study has been approved by UQ Human Research Ethics HABS LNR committee [HE000638].



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 14-15 hours spread over six sessions 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 **online** and

requires a computer (or laptop) with speakers/microphone (or an appropriate headset/earphones).

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.



Help us to understand how painful and non-painful **foot symptoms** are affected by daily physical activity in people with **DIABETIC PERIPHERAL NEUROPATHY**.

Research will be conducted online and via smartphone and you will receive a \$50 gift voucher.

To learn more: Scan the QR code or diabetesresearch@griffith.edu.au

This project is coordinated by Dr Coombes at School of Health and Rehabilitation Sciences, The University of Queensland

RESEARCH PROJECTS

Psychotherapy via telehealth video-conferencing to treat anxiety

Introduction

Anxiety represents one of the most common mental health problems in the population, and can be experienced by people of any age. Anxiety influences a person's overall wellbeing and quality of life.

What are the components of anxiety?

- Emotional: feeling on edge, irritability, feelings of fear, dread and worry.
- Behavioural: being easily distracted, avoiding situations, worrisome thoughts, and being easily startled.
- Cognitive: persistent negative thoughts and intrusive worries, difficulties with concentration, focus and memory.
- Physical: increased heart rate, sweating, shaking, feeling of nausea and dizziness, muscle tension or pains, and having trouble sleeping.

Some activities, events or general circumstances can be naturally anxiety provoking for most people, and can be successfully overcome. However, some situations can be too intense or unexpected that anxiety can be difficult to cope with and manage.

Anxiety becomes a problem when it starts to significantly impact on a person's life. For example, when it makes them adjust their

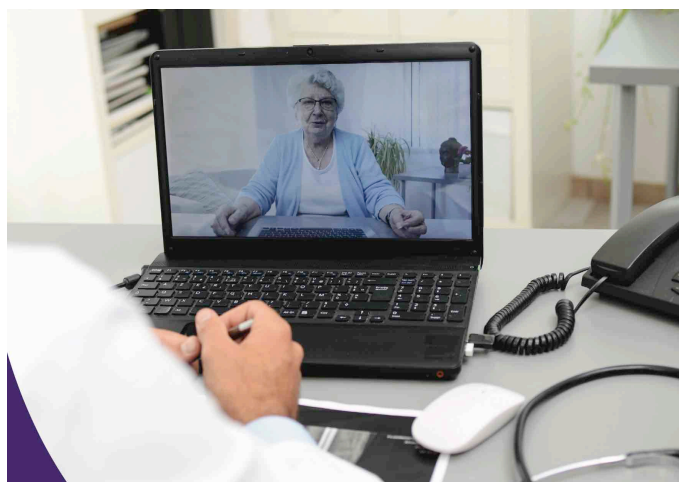
routine to avoid certain activities or situations, or when it makes them feel preoccupied and overwhelmed with fear, worries or ruminations, making it difficult to focus on anything else.

Anxiety can also be induced when exposed to ongoing stress, such as the current situation surrounding COVID-19. When exposed to stress for a long time, it might trigger similar responses to those listed above.

Recognising anxiety symptoms is therefore an important step towards learning new techniques to positively cope with experiences of anxiety, worry, and stress.

Research Objectives

Our study aims to test a new psychotherapeutic intervention delivered via video-conferencing to help combat anxiety in people living with cognitive impairment, irrespective of their location. Our 6-week program combines education about anxiety to help people understand their symptoms, and it provides relaxation techniques to help cope with anxiety.



RESEARCH PROJECTS

How can I participate?

If you have been diagnosed with mild cognitive impairment or dementia and if you are currently experiencing any anxiety symptoms similar to what has been described above, we invite you to participate.

We will do an initial screen to check your eligibility for our study.

Participation in our study is voluntary, and you may withdraw at any point.

What equipment do I need to participate?

You will need an internet connection and a device to perform video-conferencing. This device can be a computer with a web camera, a tablet, iPad or smart phone.

What help is available if I have never used video-conferencing?

We will provide you with a manual with clear instructions, a video link with step by step instructions, and support over the phone to help you setup your equipment for video-conferencing.

What's required from participants?

- Filling out questionnaires before, and after the therapy.
- Participating in weekly therapy sessions for 6 weeks delivered via video-conferencing.
- Practise techniques learnt in therapy sessions.
- Give us feedback on the ease of use of technology as well as the content of the

therapeutic sessions.

What's required from a support person?

We also invite a support person to participate, if you have one. A support person can be your partner, spouse, family member, friend or anyone who identifies as your carer. Support persons are not required to live with you. They can join your therapy session remotely via video-conferencing.

The support person is encouraged to participate in therapy sessions and practise the introduced techniques with you (e.g. deep breathing techniques for relaxation).

Support persons will also be given a questionnaire to complete before and after the intervention.

Your participation and feedback will help us improve this program.

Important links:

[More information about the study](#)
[Expression of Interest to participate](#)

For more information contact:

T: 07 3346 5036 or 07 3346 5577

E: anxietyresearch@uq.edu.au

W: <https://clinical-research.centre.uq.edu.au/psychotherapy-telehealth-video-conferencing-treat-anxiety>

RESEARCH PROJECTS

A University of Queensland study designed to improve balance in older adults with a hearing impairment has been made possible thanks to a generous donation from Sonova.

“Three in five adults aged over 60 have a hearing impairment and recent research shows that hearing impairment is a risk factor for falling, with every 10-dB increase in hearing loss putting an individual at greater risk of falling [1].

This study will test if a device that gives feedback on body position can improve and maintain balance and stability.

Participants will be required to wear a device which is battery powered and worn on a belt around the waist for 20-minute training sessions over 10 days.

The device records body sway, compares it to normative data and provides vibrotactile feedback to the wearer for retraining of balance.

The original version of the device has been used in research trials in Europe, Germany and Switzerland, however this will be the first time it will be used with older adults who have a hearing impairment.



The study is an international collaboration between Professor Sandy Brauer, Professor Louise Hickson, PhD students Jacinta Foster and Marina Mahafza from UQ's School of Health and Rehabilitation Sciences; Department of Otolaryngology at Unfallkrankenhaus Berlin, Charite University Hospital Berlin; Center for Hearing and Balance, Department of Otolaryngology, Columbia University Medical Center and Sonova.

1. Lin, F.R. and L. Ferrucci, *Hearing Loss and Falls Among Older Adults in the United States*. Archives of Internal Medicine, 2012. **172**(4): p. 369-371.

Volunteers needed for research

VIBRANT TRIAL

Three in five older adults aged over 60 have a hearing loss and the risk of falling for older adults is higher if they have a hearing loss. Researchers at The University of Queensland are conducting a study that will test if a device that gives feedback on body position can improve balance and stability.

- Are you over 60?
- Do you have mild to severe hearing loss?
- Do you have vertigo, feel dizzy, or unsteady?

If you would like more information or would like to volunteer please contact Katrina Kemp on 07 3365 4564 or k.kemp@uq.edu.au

RESEARCH PROJECTS

Can you share your thoughts about transport and technology for people living with dementia?

A team of researchers are looking into transport experiences and perspectives to help inform how future transportation should work for people living with dementia. This includes talking about current and past transport experiences and perspectives about future transport including ride sharing and driverless buses and cars. All participation is contactless and flexible.

We are particularly keen to include some more:

- carers/ family members who have provided transport support for someone living with dementia
- people living with dementia and family members living in rural and remote areas.

Please contact Jacki Liddle if you are interested in participating or have any questions - j.liddle@uq.edu.au



Exploring the impact of COVID-19 and Australians' attitudes towards older members of society.

Have your say about living through COVID-19 in Australia! If you currently live in Australia, we want to hear from you. Researchers from The University of Queensland want to understand your experiences during COVID-19 with regard to how restrictions affected your lifestyle and attitudes to older members of society. Please complete a quick 10-minute survey to have your say and contribute to important research.

https://uqpsych.qualtrics.com/jfe/form/SV_3rgciwFOD5cdMEd

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

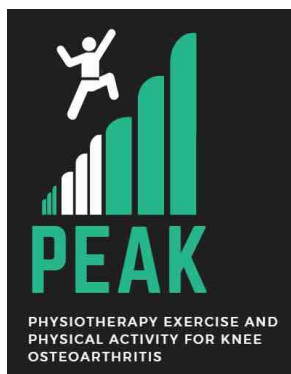
bands for exercising and a wearable activity tracker to help with increasing physical activity. Participants will also be asked to complete a questionnaire at four different time-points throughout the duration of the study (9 months).

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)
- 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

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.

RESEARCH PROJECTS

Are you Providing Care for Someone with Dementia or Memory Loss on a Daily Basis?



Research Has Shown: Activities can benefit people living with dementia or memory loss by improving their quality of life.

A new program called Tailored Activity Program has been designed and tested in the United States with a focus on enabling with dementia or memory loss to stay engaged in activities they enjoy doing for longer and to with other day to day care needs. Benefits have included improved engagement and quality the person with dementia and for their family or carer.

We are looking for participants for a NHMRC-funded pilot study of The Tailored Activity Program in Australia, aimed at improving the quality of life of people with dementia living at home and their carers.

What Does the Tailored Activity Program - Australia (TAP-Australia) Involve?

TAP —Australia takes place in your own home over a period of 7 – 8 free sessions.

These sessions will be arranged by an Occupational Therapist at a time that is convenient to you.

During TAP-Australia, the Occupational Therapist will work with you and your loved one with dementia to gain an understanding of their abilities, strengths, interests and routines.

They will then identify activities that are interesting and enjoyable, and are suited or adaptable to your loved one's abilities. The Occupational Therapist will show you how to set up the activities in a way that helps your loved one to do them more easily, and will look at ways to help you communicate and make everyday tasks easier for you and your loved one now and in the future.

Are you Interested?

If you are someone who looks after a person with dementia or memory loss, and your are interested in receiving 7-8 free Occupational Therapy TAP-Australia sessions in your own home and you are happy to answer two questionnaires (before and after the program), please contact us to find out if you and your loved one are eligible to participate.

To find out more please contact: Associate Professor Sally Bennett and her research team. Phone : 3365 4529 or 3365 3451 Email:

TAPdementia@uq.edu.au

RESEARCH PROJECTS

What are the benefits for you as an Occupational Therapist?

- Free training of a licensed, evidence-based Occupational Therapy intervention for people with dementia and their carers who are living at home (Can claim as CPD hours)
- Contribute to your organisation's objectives focussing on wellness and reablement in aged care services
- Access to the University research team for ongoing support and mentoring throughout the duration of the project
- Establish new networks with colleagues providing the Tailored Activity Program—Australia across the state of Queensland
- program with documented beneficial outcomes
- Monetary incentive for OT interventions provided under the TAP program
- The research team will assist with marketing of the TAP-Australia program to: generate new referrals and support sustainability of referrals
- Opportunity to provide early intervention to people living with dementia and their carers who are in receipt of CHSP services which may lead to an increase in the uptake of ongoing services in the future and conversion into a HCP with the organisation
- Opportunity to develop rapport with people living with dementia and their carers during the provision of an 8 week intervention, which may lead to future uptake of services in a population who may have difficulty engaging with services. This in turn provides an opportunity for organisations to maintain a reduction in surplus funds for clients.

What are the benefits of TAP-Australia for Your Organisation?

- Delivering an evidence-based program supporting people with dementia and their carers who live at home - Demonstrating engagement in a program that promotes a wellness and reablement approach
- Free extensive training of Occupational Therapy staff in the delivery of the TAP-Australia program that will extend beyond the life of this project
- Increase in offerings of Occupational Therapy interventions funded under both HCP's and CHSP
- Ability to utilise client's surplus funds from HCP's with an evidence-based
- **Who is the TAP-Australia Intervention Suited for?**
 - People who have moderate to advanced dementia (who are still verbally responsive and not confined to bed) and
 - Have mild to moderate behavioural or psychological symptoms of dementia and
 - Who live at home with a family member (or have a family member who lives close by and visits regularly)

To find out more please contact: Associate Professor Sally Bennett and her research team. Phone : 3365 4529 or 3365 3451 Email:

TAPdementia@uq.edu.au

RESEARCH PROJECTS

Does motor imagery training influence actual and perceived physical performance in older adults?

Are you aged 65 years or older? Are you interested in finding out about how good your imagination is and how you perceive your own ability?

Similar regions of the brain are switched on whether you perform a movement or simply imagine performing a movement. Research in stroke patients and following surgery have found that motor imagery (imagined movement) can help to improve walking.

Currently we know very little about the effect of motor imagery on improving function and performance in healthy older adults. This study will identify whether four weeks of motor imagery training can improve walking, and your own perceptions of your ability. This research is expected to provide insights into the practicality of using motor imagery in concert with physiotherapy to improve walking and function in older adults.

If you are at least 65 years old, you may be eligible to take part in this research.

What's required from participants?

- Attend two 60-minute testing sessions at Australian Catholic University, Banyo (separated by four weeks).
- Complete questionnaires that assess your executive function and your imagery ability.
- Complete walking and stepping tasks (physically and in your imagination).
- You may also be randomly selected to complete four weeks of motor imagery training at home (using an electronic device).

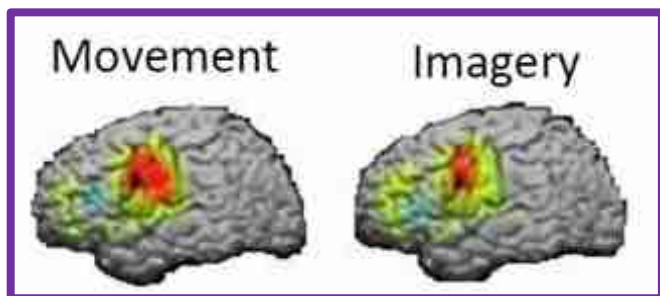
You will gain information about your current walking ability, your cognitive status, and possibly, improve your walking. You will also receive a \$20 gift voucher for taking part.

If you are interested in taking part please contact the chief investigator Dr Vaughan Nicholson.

T: 07 36237687

E: vaughan.nicholson@acu.edu.au

Dr Viana Vuvan from School of Health and Rehabilitation Sciences at the University of Queensland is a co-investigator.



*Brain images from: Miller, K. J., et al. (2010). "Cortical activity during motor execution, motor imagery, and imagery-based online feedback." *Proceedings of the National Academy of Sciences* 107(9): 4430-4435.*

RESEARCH PROJECTS

LIVING LONGER – WORKING WELL Volunteers needed

Our workforce is ageing with many of us having or wanting to remain working beyond traditional retirement age. We want to understand how to better support older workers to remain well at work.

What?

We are conducting **online interviews (30-60 min) via videoconference** to learn about your personal experiences at your current or last workplace.

Who?

If you are:

- >45 years old
- currently in paid work/self-employed
- retired within the last 12 months

Why?

To help design tailored interventions supporting older people at work PLUS receive a \$25 gift voucher after completion of the interview!

More information:

Click [here](#) OR scan the **QR code** below:



RESEARCH PROJECTS

Would you like to help us create RITA?

She's a conversation agent (sort of like Siri) who specialises in providing and collecting information on cognitive health. Her purpose is to facilitate timely diagnosis of dementia and related conditions

We are looking for volunteers who can participate in an online focus group to help develop a new chatbot, Rita (Right Insights for Timely Advice). The focus group will be in March 2021.

Despite the high prevalence and impact of dementia, there are barriers to timely diagnosis. Collecting information from older adults, as well as those living with dementia and carers would help general practitioners (GPs) determine whether further investigation is warranted. Information gathering methods need to be engaging, and not worry people unnecessarily.

We would like to develop a chatbot that provides information on healthy ageing, collects information on cognitive functioning; empowers users in their healthcare; and provides summary reports to share with a GP to discuss the right way forward for care.

To participate, you will need to

- be 50 years or older
- have access to a mobile device
- be willing to attend an online focus group and complete related surveys and workbooks
- have unimpaired hearing and vision

We will ask you what information you think would be useful to provide and collect through a chatbot. We will also give you a link to download Rita to a mobile device (phone or tablet) and ask you to interact with her, and answer some questions on your experience.

We are providing a \$30 gift voucher for your time.

IF YOU ARE INTERESTED IN PARTICIPATING
Please call Janine Walker on 0422 993 016
or email Janine.Walker@csiro.au



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 Tel. 07-3365-6832