Ageing Mind Ageing Mind Initiative Issue 48, August 2021 Newsletter https://ami.group.uq.edu.au/

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August has been an interesting month with the Delta variant causing disruptions across the nation. As such, please be



advised that there may be temporary pauses to some research projects that require face to face testing. At UQ, the pause will be reviewed if and when current government health restrictions change at 4pm AEST Sunday 22 August.

Please still contact researchers directly to express your interest in participating. They will keep you informed of any modifications or updates that will impact on their projects and your interest will no doubt bolster their spirits in these challenging times.

Stay safe and email any questions to <u>ami@uq.edu.au</u>.

C 1800 173 349 To arrange delivery of groceries,

QLD Care Army

medications and essential supplies



ISSUE QUOTE:

"Rivers know this: there is no hurry. We shall get there some day."

- A.A. Milne, Winnie-the-Pooh

Ways to stay happy and hopeful during COVID-19





Accept things will be different for a while. It's normal to feel sad, stressed, confused, scared or even angry.



Reduce how much news you see. Choose a reliable news source and only check twice a day.



Try to keep perspective. Focus on the things you can control.



Watch out for signs of stress in your home. Being in close confines can be stressful.



Stay connected with your loved ones, friends and community. Phone or video call each other.



Do things you love. Read a book, listen to a podcast, play an instrument.



Maintain a healthy lifestyle. Eat and sleep well. Exercise and get some sunshine every day.



Take time to say thank you. Thank nurses and doctors, supermarket staff, the delivery food team and others at the frontline.

More info? For more practical tips on how to maintain your mental wellbeing during physical distancing go to <u>redcross.org.au/covid-19</u>





Feature Article

WHAT DOES AUSTRALIA REALLY THINK ABOUT.... Key Findings from the Survey on Old People

What does Australia really think about...?

Professor Pachana is due to appear in a groundbreaking new documentary series seeks to explore how stigma and prejudice impact the lives of millions of Australians, by getting to the heart of what people really think about disability, old people and obesity. This documentary is a three-part series hosted by Kurt Fearnley, Noni Hazlehurst and Casey Donovan.

The series premieres 18 August, 8.30pm on SBS and on SBS On Demand. The series will start with:

- What Does Australia Really Think About Disability on Wednesday 18 August at 8.30pm and be followed by
- <u>What Does Australia Really Think About Old</u> <u>People</u> on Wednesday 25 August at 8.30pm and
- What Does Australia Really Think About Obesity on Wednesday 1 September at 8.30pm.

The national survey was conducted by **DYNATA**. The data was collected from a stratified sample of 2023 Australian adults, with 1072 female and 951 male respondents, spread across age groups, with a proportionate amount of people from each state relative to that state's population. The data was collected in February and March 2021.



What does Australia really think about old people? A snapshot....

50% of all respondents fear getting old

72% of respondents agreed that older people are often lonely

44% of respondents between 18-24 feel a lack of connection to the older generation

31% of people over 55 agreed with the following "sometimes I feel invisible to society"



Photo of Prof Pachana, behind the scenes filming of the Documentary What does Australia really think about...?

Book Review

ing Mind

"Psychological Assessment and Treatment of Older Adults"

An <u>online interview</u> is now available by Dr. Nancy Pachana where she discusses the new book on Psychological Assessment and Treatment of Older Adults she has just released with her co-editors Victor Molinari, Larry W. Thompson, and Dolores Gallagher-Thompson. She talks about the importance of Geropsychology in today's cultural landscape, including the role of an aging population, and how COVID-19 has put pressure on the mental well-being of older adults.

THE UNIVERSITY

OF QUEENSLAND

COVID-19 has had a bad impact on people across a range of ages, but it has had some particularly bad impacts on older people. Older adults, particularly in institutional settings have had to deal with a great deal of isolation from loved ones. Older adults with multiple medical issues have been at increased risk of death from COVID-19, which has really hit this population hard. However, research has also shown that older adults have been resilient in the face of impacts of the pandemic and have drawn on prior coping skills. We as clinicians need to remember to draw on these strengths of older people to get through this particular era in history.

The book is valuable for clinical geropsychologists because it covers current treatment of topics of assessment, diagnosis, and treatment, while also including in-depth cases studies to demonstrate these topics. Having a text which offers in-depth coverage of a topic of older adult mental health is especially invaluable for young clinicians. Older adult mental health assessment and treatment is often briefly touched on during training so having a resource which dives deeper into these topics is really required in the field now, especially given the aging of the population. However, there's always a balance between trying to include a great breadth of topics alongside trying to focus on key clinical topics, which what went the choices in the current text. Therefore, the book offers really key basic topics such as assessment and treatment across a range of clinical settings, as well as more specialized topics.

Authors

- Dr. Nancy A. Pachana is a clinical geropsychologist and professor at The University of Queensland, Australia.
- Dr. Victor Molinari is a clinical geropsychologist and professor at the University of South Florida in Tampa Florida, USA.
- Dr. Larry Thompson is a clinical geropsychologist and Professor Emeritus at Stanford University School of Medicine.
- Dr. Dolores Gallagher-Thompson is a clinical geropsychologist and Professor Emerita at Stanford University School of Medicine.







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: <u>tinyurl.com/LNLmusic</u>





RESEARCH PROJECTS





ARC CENTRE OF EXCELLENCE FOR THE DYNAMICS OF LANGUAGE

Are you living with dementia? Or caring for someone who is? Or have some experience related to people living with dementia?



A study being conducted at the University of Queensland is seeking to get your views and thoughts of existing and possible future technologies that aim to support people living with dementia and those that care for them. Participation in this study involves participating in one or more flexibly delivered on-line workshops OR participation in an interview conducted using an online video service. At these workshops and interviews, we aim to collect your evaluation of existing and proposed future technologies.

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

email: p.worthy@uq.edu.au phone: 07 3365 9765





RESEARCH PROJECTS





ARC CENTRE OF EXCELLENCE FOR THE DYNAMICS OF LANGUAGE

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



A study being conducted at the University of Queensland is exploring technology-related experiences and perceptions in dayto-day activities. Participation in this study involves participating in one or more flexibly delivered on-line focus groups OR participation in an interview conducted using an online video service. These focus-groups and interviews aim to get your experiences and perceptions of technologies that you engage with in your day-today activities.

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

email: p.worthy@uq.edu.au phone: 07 3365 9765





RESEARCH PROJECTS





ELIGIBILITY

Be at least 65 years old.

Drive at least once a week.

Hold a QUEENSLAND open driver's licence.

Have access to a mobile phone and an email account, and computer.

Able to participate in 9 supervised sessions with at least one week between sessions.

Not have participated in any other hazard perception study previously

You can choose: Have a UQ researcher meet you at your residence or visit us at the University in St Lucia.

You will complete a series of interactive, videobased training tasks on a touch-screen monitor, that have been shown to improve on road hazard perception.

Sound like fun? To sign up or hear more:

SMS "DRIVER TRAINING PROJECT" to Darcy on **0466 909 920** and the team will call you back from that number. Alternatively: email <u>darcy.andrews@uqconnect.edu.au</u>.

Our research team abide by strict COVID-19 regulations and are required to provide evidence of full vaccination.



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

The TRIP study aims to:

- use neuroimaging of the brain to develop a marker for future dementia risk in Parkinson's disease and
- 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. 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 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.

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

E: <u>pd.research@uq.edu.au</u> W: <u>bit.ly/TRIPStudy</u> T: 07 3346 5028









ng Mind

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 paperbased 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 <u>CC BY-ND 4.0</u>

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 <u>carissa.roberts@uqconnect.edu.au</u> or on +61 7 3365 7193.

Ready to participate?

This study will be open until the 30th of September 2021

<u>Click here</u> 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

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:

- 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 0468 332 528 or <u>j.taylor5@uq.net.au</u> or email Dr Fiona Maccallum <u>f.maccallum@uq.edu.au</u>

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 <u>bmtpuq@gmail.com</u> or on 0425 207 506 for more information or if you would like to sign up.





Help us to understand how physical activity affects **foot symptoms** in people with **DIABETIC PERIPHERAL NEUROPATHY.**

Complete our research online and via smartphone and receive a \$50 gift voucher.

For more info – QR code or diabetesresearch@griffith.edu.au





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.
- 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 Physical: increased heart rate, sweating, program combines education about anxiety shaking, feeling of nausea and dizziness, to help people understand their symptoms, and it provides relaxation techniques to help cope with anxiety.





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 videoconferencing.
- 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 videoconferencing.

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://clinicalresearch.centre.uq.edu.au/psychotherapy -telehealth-video-conferencing-treatanxiety





ing Mind

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.

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

How Do Chinese Families Cope with Death Considering Chinese **Cultural Beliefs About Death and Dying?**

Research investigated by H. Haydon and H. W. Zhang HREC: 2021/HE000457

https://drive.google.com/file/d/1GNjIJlqCmF7MGAJi8JM3J _qiQGu2Yc15/view?usp=sharing

ing Mind

在文化的影响下, 疾病带来的死亡?

https://drive.google.com/file/d/1jrpVgYHbIFtQ84dr5kPQP WMgy5oLbMtx/view

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

中国家庭如何应对晚期

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











THE UNIVERSITY OF QUEENSLAND

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 3month 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:

- Greater Brisbane
- Mackay/Cannonvale



To register your interest for this study, please visit: <u>www.peakstudy.com.au</u> OR email the trial coordinator **Penny Campbell**: <u>penelope.campbell@unim</u> <u>elb.edu.au</u>





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: <u>donna.rooney@uq.edu.au</u>, telephone: 07 3365 6392; or CI Dr Theresa Scott

email: <u>theresa.scott@uq.edu.au</u> 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@ug.edu.au





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?

ing Mind

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.







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 remai 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 <u>here</u> OR scan the **QR code** below:









ng Mind

Can a physiotherapy exercise program with a self-management approach improve physical activity in people with mild-moderate Parkinson's disease?

In people with Parkinson's disease (PD), physical activity contributes to preserving functions such as gait, balance in standing, and muscle strength, and to ensuring efficient performance of activities of daily living and maintenance of independence.

International guidelines recommend that people with neurological diseases should perform at least 150 minutes of moderate intensity physical activity each week. At the time of diagnosis, physical activity is however on average 1/3 lower in people with PD than people of the same age, without PD.

Researchers at the University of Queensland are inviting people with mildmoderate PD to participate in a research project aiming to improve and maintain physical activity levels. The intervention involves group exercise sessions run by a physiotherapist and advice to help monitor and continue physical activity including using commercially available activity monitors.

To find out more, or to volunteer for this research please complete the survey by clicking on this link, <u>https://www.surveymonkey.com/r/acti</u> veparky

Alternatively, you can contact Robyn Lamont on <u>nabresearch@uq.edu.au</u>, or by phoning 07 3365 2779.



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