

Ageing Mind Initiative

Issue 49, November 2021 Newsletter

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

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Welcome to the final AMI Newsletter for 2021. The festive season is fast approaching and pressure is on for researchers to wrap up projects by the end of the year. There has never been a better time to participate in ageing-related research.

We have links to a fantastic live lecture delivered by Prof Catherine Haslam on the Power of Social Connection (page 3). The importance of which has never been highlighted more since the COVID-19 global pandemic.

Please 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 ami@uq.edu.au.

ISSUE QUOTE:

"I always get to where I'm going by walking away from where I have been."
— A.A. Milne, Winnie-the-Pooh

Feature Article

Ageism Awareness

Australia's successfully held its first **Ageism Awareness Day** that coincided with the UN's [International Day of Older Persons](#) on 1 October 2021.

The day was filled with activities that support the growing social movement to shift attitudes towards older age and older people. The fight to tackle ageism in Australia doesn't end here and there is lots more individuals and organisations can do to tackle ageism.

The EveryAGE Counts team invites you to address ageism within and through your organisations as a member of the EveryAGE Counts coalition.

You can read about the benefits - and obligations - of becoming an organisational member of EveryAGE Counts by clicking [this link to the 'Join Us' page](#) of our website.

Why Campaign

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions. It is pervasive but often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older. The impacts of ageism can prevent or limit us from contributing and

participating in our communities – socially, economically and as full citizens – and even impact our physical health and longevity.

As well as its individual impacts, ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

EveryAGE Counts is an advocacy campaign aimed at tackling ageism against older Australians. Click on this [link to download an information sheet about the campaign](#), its background, objectives and funding.

You can "TAKE THE PLEDGE"

"I stand for a world without ageism where all people of all ages are valued and respected and their contributions are acknowledged. I commit to speak out and take action to ensure older people can participate on equal terms with others in all aspects of life."



Free Online Lecture

The Power of Social Connections for Health

The Ageing Mind Initiative sponsored a Free ZOOM Lecture by Professor Catherine Haslam on [the power of social connections for health](#).

The UQ Ageing Mind Initiative is very pleased to present, as part of October's Senior's Month Activities, a very special and timely FREE ZOOM LECTURE by Professor Catherine Haslam in the School of Psychology on the power of social connections for health.

The lecture is now available for viewing [here](#).

SUMMARY:

The science shows that social connectedness is a powerful predictor of health and well-being outcomes. Among the most striking findings for older adults is evidence that those who are more socially connected are less vulnerable to cognitive decline and that particular social relationships — those with groups of others (including our community, voluntary and family groups) — are especially protective of brain health. In this presentation I will talk about these and other data speaking to the power of social group connections and ways we can best harness these connections to support health and well-being as we age.

OUR SPEAKER: Catherine Haslam is Professor of Clinical Psychology at the University of Queensland and the Director of SIGNify that aims to translate the research of the Social Identity Groups Network to practice. She is a clinical academic whose work focuses on the social and cognitive impacts of identity-changing life transitions (associated with trauma, illness and recovery, retirement, aging) and interventions that can be used to manage these. In particular, her research on social connectedness, health and well-being has contributed to a body of work on the social cure that has informed a suite of identity building social group interventions to tackle loneliness.



Research Update

The needs and experiences related to technology for people living with dementia

Jacki Liddle on behalf of the Florence Project Team, University of Queensland

Technology is anticipated to be very helpful in keeping people safe, connected and independent for longer as they live with dementia. However, while there are many specialised technologies being made for this group, not many are being used.

A research team including occupational therapists, speech pathologists technology designers and developers, and living experience experts wanted to understand the current issues and experiences with technology for people living with dementia and those who support them.

Interviews were undertaken with 14 people living with dementia and 21 care partners (family or friends providing unpaid care). The interviews gave insights into how people live with technology.

Firstly, it was important to note that many people living with dementia are regularly using technology. This is often mainstream technologies (phones, tablets, microwaves) rather than specialised dementia technologies.

A complex context

When describing experiences with technology, there were many things affecting the experience. People identified that the user (person living with dementia), the people based support available to them, the technology itself and their environment (including routines and different places they attend) affected the

experience. Importantly we found that people described a technology identity – the way in which they perceived themselves in relation to technology, based on life history. This affected how meaningful time spent figuring out technology was, and also how upsetting problems with use could be. The way in which we use technology is personal.

A cycle of technology use

People also describe a quite effortful process of finding out about technology, accessing it, and then continuing to adapt to it to be able to keep using it. The changing nature of both technology and dementia combined to require a continuing process of adapting and learning. Ongoing support may be required just to ensure people can keep using technologies they are already using.

Next steps

These learnings are being applied within the Florence Project's work developing future technologies that work well for people living with dementia and "make my day go better". There is more about their approach here: <https://stories.uq.edu.au/research/2021/building-dementia-tech-together/index.html>

Please make contact with the team if you are interest in providing feedback on technologies they are developing: florence@itee.uq.edu.au

Current Ageing Research

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

How does age influence how we interact with objects in our environment?

What is the study about?

Researchers at the UQ perception and action lab are investigating how age influences how people interact with and cognitively value different types of objects in their environment.

What will you need to do?

You will play a computer-based object interaction game on your home computer. Followed by watching an interactive video clip. Finally, you will answer some questions based on individual assessment and your experience of the task. The study will take approximately 60 minutes to complete.

Eligibility criteria:

- 65 – 90 years of age
- No history of neurological illness (e.g., Dementia or Alzheimer's)
- Have normal or corrected to normal vision (e.g., glasses if necessary)
- Access to a computer with internet connection

Compensation:

For voluntary participating in this study, you will receive a \$20 Coles/Myer gift card upon completion of the experiment. Delivery of the gift card will be organised by project staff.

Do you want to participate?

If you would like to participate, please [click here](#) to start the experiment.

More information?

If you have any questions or concerns, please contact Harrison Paff at h.paff@uq.edu.au or on 0406 907 611. Email communication is preferred.



RESEARCH PROJECTS

BELIEFS ABOUT AGEING STUDY

Why is the research being conducted?

We are interested in how people maintain a positive mindset in older age

This project aims to gain a better understanding of the different beliefs people have about ageing and how this relates to their mood and well-being, thinking skills, and social experiences. Insights gained from the study could guide the development of new ways to promote positive adjustment to successful ageing.

This project has been approved by the Griffith University Human Research Ethics Committee (GU ref no: 2021/122).

You may be eligible to participate if you:

- are between 60 and 89 years of age
- are fluent in English
- have no history of neurological injury or disease (e.g., stroke, dementia)
- have no history of psychiatric illness (e.g., schizophrenia), and
- have no significant visual or hearing impairment that would hinder participation

What will I be asked to do?

- Part 1 involves completion of a telephone interview (45-60 minutes).
- You may then be invited to complete Part 2, an in-person assessment session (45-60 minutes) at a convenient and private place of your choosing (e.g., your home or a research office at Griffith University, Mt Gravatt).
- You will be asked questions about your health, beliefs about ageing and mood,

and will be asked to complete some brief tasks involving language, thinking skills, and reflecting on social groups or meals.

To acknowledge your contribution to the study, you will receive a **\$20 Coles Myer gift card** at the end of Part 1.

How do I get involved?

If you are interested in taking part or would like more information, please contact:



Giverny Parker
PhD Candidate, Griffith University
T: (07) 3735 3304
E: giverny.parker@griffithuni.edu.au

This project is supervised by Prof. Tamara Ownsworth (Griffith University) and Prof. Catherine Haslam (University of Queensland).

Participation is voluntary and your information will be kept confidential. You are free to withdraw at any time, without explanation or consequence.

Study Advertisement/Beliefs about Ageing study/GU ref no: 2021/122

RESEARCH PROJECTS

Designing and developing technology to remotely deliver psychotherapy for anxiety to people living with cognitive impairment

New technology such as smart assistants (Amazon Alexa, Google Home, Siri, etc) are now becoming more available to people. They present an opportunity to assist people living with cognitive impairment in many ways. One opportunity is to use these technologies to support the delivery of psychotherapy to people experiencing anxiety. These technologies may help the person to connect with their therapist and to access resources at other times. It is important to involve people who are living with cognitive impairment in the process of designing and developing these technologies to ensure that the technology meets their needs and how they want to use those technologies. One approach to do this is co-design.

Our project

Our study aims to design and develop a new technology platform (Tech-CBT) that will all people to access a CBT program through different technologies including a smart assistant and their mobile phones. We are also studying the process of technology design as well as the specific needs of people for a technology that supports psychotherapy. The technology we develop will then be used in a future trial.

We are using a co-design approach where we will form a team of people that includes people living with cognitive impairment, their care partners, family and friends, psychologists, technology designers and developers, researchers and other stakeholders. That team will go through the process of designing and developing that technology.

How can I participate?

We are inviting the following people to join our co-design team:

- A person living with cognitive impairment (you may or may not have experienced anxiety)
- A care partner, family member or friend of a person who is living with cognitive impairment
- A psychologist who has had some experience in providing psychotherapy to people living with cognitive impairment
- A person who has an interest in the broader context of the design of technology for people living with cognitive impairment (such as ethics, technology design, human-computer interaction, policy related to technology design).

For people living with cognitive impairment, we would also like to include your support person in this study. They can provide you support with reading forms and completing some of the design activities. Your support person can be your care partners, significant others, spouses, partners or family members.

We will do an initial screen to check your eligibility to join our team. Participation is voluntary, and you may withdraw at any point.

Continued on next page...



RESEARCH PROJECTS

What will I need to do?

The design and development process will run for approximately weeks and have three stages (1) gathering background information, (2) designing and developing the technology, and (3) testing the technology in environments where the technology might be used. You do not need to participate in all stages. You can choose to participate in any stage withdraw and return at any time.

Your role as a co-designer will involve providing information through interviews, focus groups, and completing evaluations of the technology as it is developed.

You can choose to complete these sessions and interviews in a number of ways according to your preferences:

- Individually using video conferencing such as Zoom or Skype
- Online workshops and focus groups using video conferencing and a private website to read information and share views (Miro)
- By yourself in your own time working on a private website to read information and share your views (Miro)

You can choose to use a number of these methods and can change how you are involved at any time during the process.

The number of sessions will be agreed by the whole co- design team. There will be no more than one session each week.

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.

Your participation will help us develop this technology

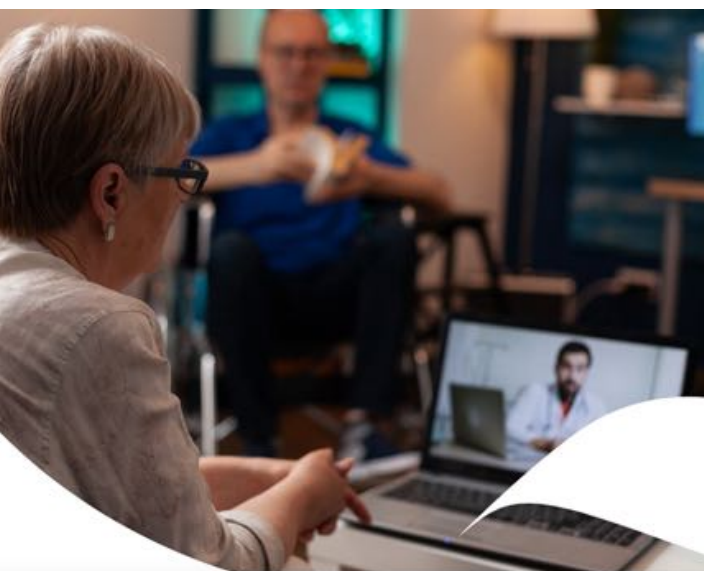
Members of our co-design team will receive a \$50 electronic gift card at completion of the entirety of the project, regardless of how many sessions you have been involved in.

Dementia and Neuro Mental Health Research Unit

The Dementia and Neuro Mental Health Research Unit led by Dr Nadeeka Dissanayaka, is part of The University of Queensland Centre for Clinical Research. We facilitate a pipeline of clinical research programs to meet the increasing demands of our growing ageing population and age-related progressive brain diseases such as Dementia and Parkinson's disease. This project is conducted in collaboration with School of Psychology, UQ. Our goal is to accelerate discovery of treatment and improve quality of life for people, and their families.

CONTACT

Dr Nadeeka Dissanayaka
T: 07 3346 5036 or 07 3346 5577
E: anxietyresearch@uq.edu.au



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:

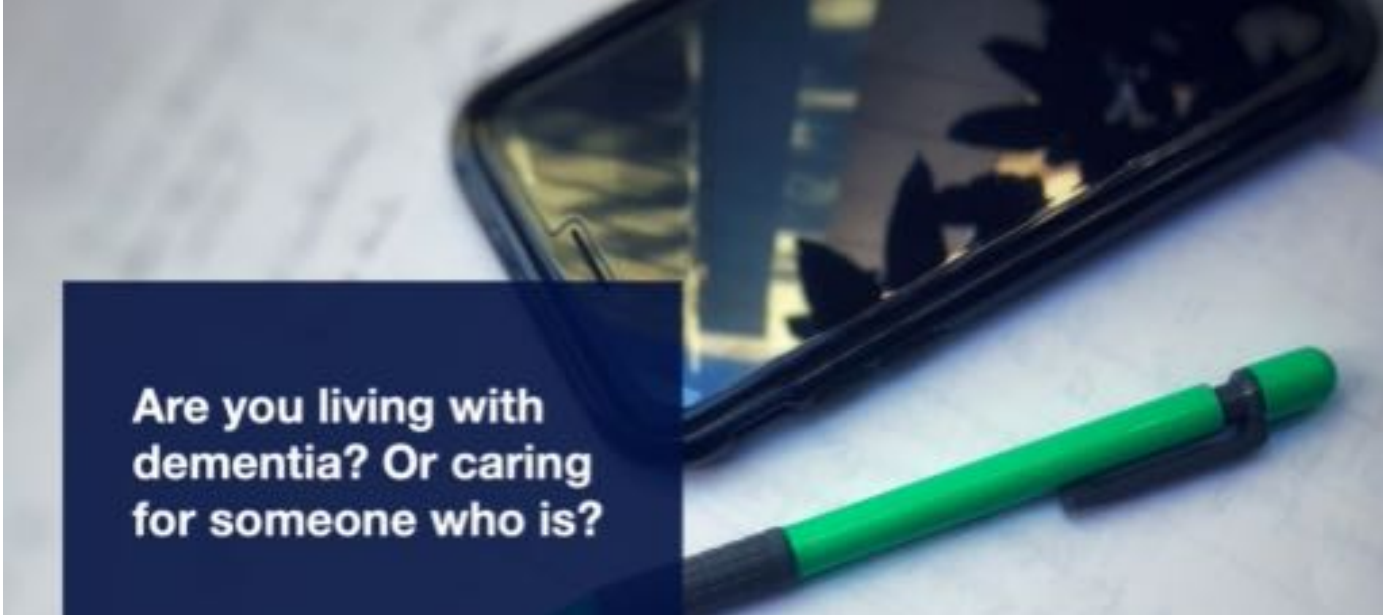
email: p.worthy@uq.edu.au

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 day-to-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-to-day 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

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

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. 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.

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: pd.research@uq.edu.au

W: bit.ly/TRIPStudy

T: 07 3346 5028



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@uq.net.au or on +61 7 3365 7193.

Ready to participate?

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

[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

Psychotherapy via telehealth videoconferencing to ease 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.

Research objectives

Our study aims to test a new psychotherapeutic intervention delivered via videoconferencing 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, relaxation techniques to help cope with anxiety.

Study design

The psychotherapy program will be tested in a randomised control trial. This means that if you are eligible to participate in the study, you will be randomly assigned to an intervention group or a control group. If you are selected to the intervention group, you will be asked to attend 6 weekly sessions of psychotherapy. If you are in the control group, you will continue your usual care as prior to entering the study.

How can I participate?

If you have been diagnosed with mild cognitive impairment or dementia and if you are currently experiencing any anxiety symptoms like 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 help is available if I have never used videoconferencing?

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 videoconferencing.

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.

Your participation and feedback will help us improve this program

Participants to receive a gift voucher You will be given a \$50 electronic gift card at completion of baseline assessments and another \$50 electronic gift card at completion of the entirety of the trial, regardless of whether you have been allocated to the intervention group or control group.

Please do not hesitate to contact me should you require any additional information.

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

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

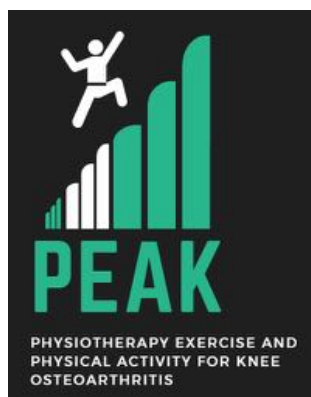
bands for exercising and a wearable activity tracker to help with increasing physical activity. Participants will also be asked to complete a questionnaire at four different time-points throughout the duration of the study (9 months).

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:

- Greater Brisbane
- Mackay/Cannonvale



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

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.

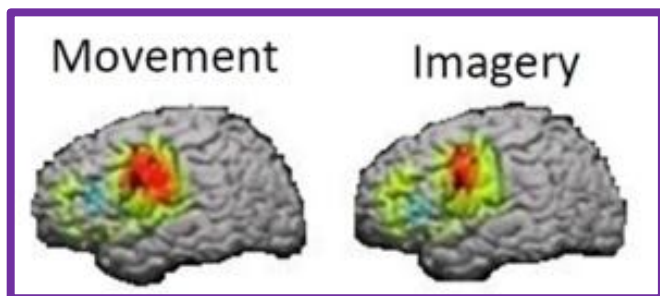
RESEARCH PROJECTS

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 do you need to do?

We are conducting an **online survey (~15-20min)** to identify common factors that influence older workers' ability to work at their current or last workplace.

Who is eligible?

Volunteers who are:

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

Why should I participate?

Win one of ten **\$25 gift vouchers** by completing the survey and help us design better interventions to support older people at work.

More information:

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



RESEARCH PROJECTS

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 mild-moderate 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, <https://www.surveymonkey.com/r/activeparky>

Alternatively, you can contact Robyn Lamont on nabresearch@uq.edu.au, 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