



Ageing Mind Initiative

Issue 15, November 2012 Newsletter

www.uq.edu.au/ami

Inside this Issue

AMI Researcher Update	2
Research updates	2-4

CURRENT RESEARCH PROJECTS

Sentence generation	5
Anxiety & Depression in Parkinson's Disease Study	6
Phobia study	7
The M.O.D.E.L Study	7
Facial Expressions and Mental Health	8
What makes you feel Worthwhile	9
Memory for future intentions	10
Family involvement and hearing loss	10
The effects of personal and caregiver resources on caregiver strain	11
Changes to brain activity in Parkinson's disease	12
What motivates you to participate in University research	12
Motor Neurone Disease Research	13
Hip Osteoarthritis study	14

THE FESTIVE SEASON IS FAST APPROACHING!

Welcome to the final edition of AMI for the year of 2012! It seems appropriate to celebrate and thank the people who make this initiative possible. The creativity and passion of our researchers constantly inspires us and the generosity and commitment of our participants never ceases to amaze. Thank you to everyone who makes the AMI Newsletter possible.

Now is the time to throw in that last surge of energy and leap into exciting research projects before the year is out. Our AMI researchers will be frantically working away trying to make new discoveries so that the year 2013 is filled with exciting new updates for all of our devoted readers.

In this month's edition we have some studies that are on their final run of recruitment. Even if you are not eligible to participate, please let any suitable family or friends know. It's always nice to spread the research love and help these dedicated researchers finish their projects!

Now sit back and enjoy the November issue of the AMI Newsletter. If you have any questions, you can always send them to ami@uq.edu.au



ISSUE QUOTE:

Grow old with me! The best is yet to be, the last of life, for which the first was made
~ Robert Browning

RESEARCH UPDATES

Developing a measurement instrument for home modifications and examining its reliability and validity

Demographic and economic changes require high levels of creativity among employees. The aim of this study was to integrate the lifespan and creativity literatures to suggest ways to enhance creativity among younger and older individuals.

Based on socioemotional selectivity theory, I tested a model of relationships among age, future time perspective (FTP), induced motivation (knowledge-gain versus emotional meaningfulness) and creativity.

I predicted that age is negatively related to FTP (Hypothesis 1), and when the induced motivation was focused on emotional meaningfulness that older compared to younger participants would have higher levels of creativity (Hypothesis 2a).

When the induced motivation was focused on knowledge-gain, younger compared to older participants were expected to have higher levels of creativity (Hypothesis 2b). Finally, it was also predicted that participants with a shorter FTP would have higher levels of creativity if the induced motivation was focused on emotional meaningfulness (Hypothesis 3a) and that participants with a longer FTP would have higher levels of creativity if the induced motivation was focused on knowledge-gain (Hypothesis 3b).

Two hundred and eighty participants between the ages of 17 and 83 were recruited to participate in an experimental study with two conditions (knowledge-gain or emotional meaningfulness). Participants provided objective and self-reported data of their creativity.

Analyses suggested that only Hypothesis 1 could be supported and that Hypothesis 2b could partially be supported. Implications for future research on age and creativity and practical suggestions for organisations facing demographic changes are outlined.

AMI RESEARCHER UPDATE

It has just been announced that Professor Gerard Byrne is the joint recipient of RANZCP's 2012 MSD Senior Research Award.

The RANZCP's MSD Senior Research Award is made to the Fellow who has made the most significant contribution to psychiatric research in Australia and New Zealand over the preceding five years. The award was established in 1978, to recognise excellence in research in psychiatry in Australia and New Zealand

RANZCP 2012 congress was held at the Grand Hotel Chancellor in Hobart, Tasmania on the 20th – 24th May 2012. The MSD SENIOR RESEARCH PRESENTATION contained a keynote presentation by Professor Byrne, the winner of this award.

RESEARCH UPDATES

Universities and Positive Ageing: The Campus as a setting for Active Engagement

Participants on the 50 Plus Registry have contributed to a research study undertaken by UNSW PhD Candidate – Tracie Harvison investigating the trend for older Australian's to engage in activities offered by universities across the nation.

Tracie's study is offering insight into the patterns of social engagement by seniors aged 65 or older within university campuses including the detailed mapping of participation within six case study sites. In addition to the St. Lucia Campus of the University of Queensland, she is investigating senior involvement within the Australian National University; the main campus of the University of Wollongong; the new Gold Coast Campus of Griffith University; Smithfield Campus of the James Cook University near Cairns and the Hawkesbury Campus of the University of Western Sydney.

Early findings indicate that seniors are participating in a wide variety of activities. These range from 'recreational' education though to various forms of volunteering, taking advantage of student practicum, accessing campus-based amenities and philanthropy. While the types of opportunities and programmes attracting senior involvement varies between institutions, there does appear to be an important correlation between the number and range of activities offered on a campus and the extent to which a university is teaching and researching in areas associated with ageing or age-related issues.

Participation in clinical trials and other research projects is commonplace and the study is aiming to quantify this type of engagement within each of the case study sites. Interviews with senior participants is also revealing what is motivating older persons to participate, any prerequisites required as well as the role of the campus environment in facilitating or inhibiting their involvement.

Preliminary findings suggest that seniors are involved in multiple and varying types of activities across a campus, and are networking extensively allowing them to build a supportive community of friends and contacts linked by mutual connection to a campus.

The choice of examining engagement of seniors with universities was deliberate as it challenges our perceptions about old age. It is useful in questioning our stereotypes about the kinds of recreational activities; types of social setting and even preferences in terms of volunteering that older persons may choose to pursue if given the opportunity, but also their capacity to contribute.



RESEARCH UPDATES

Continued...

Significantly, the seniors found to be participating appear to be ageing positively, in other words they are successful in maintaining their physical health, sense of wellbeing and ability to actively engage with life. From this perspective, this study is important in that it provides clues about the types of social setting and opportunities for social engagement that we should be providing within our communities to support older persons ageing in place. Such strategies not only make fiscal sense given our rapidly ageing society, but may allow us to significantly improve the quality of life of our older citizens.

If your over 65 and have participated in a research project conducted at UQ or indeed any of the campuses under investigation, Tracie would still like to interview you.

Email: tracie.harvison@bigpond.com

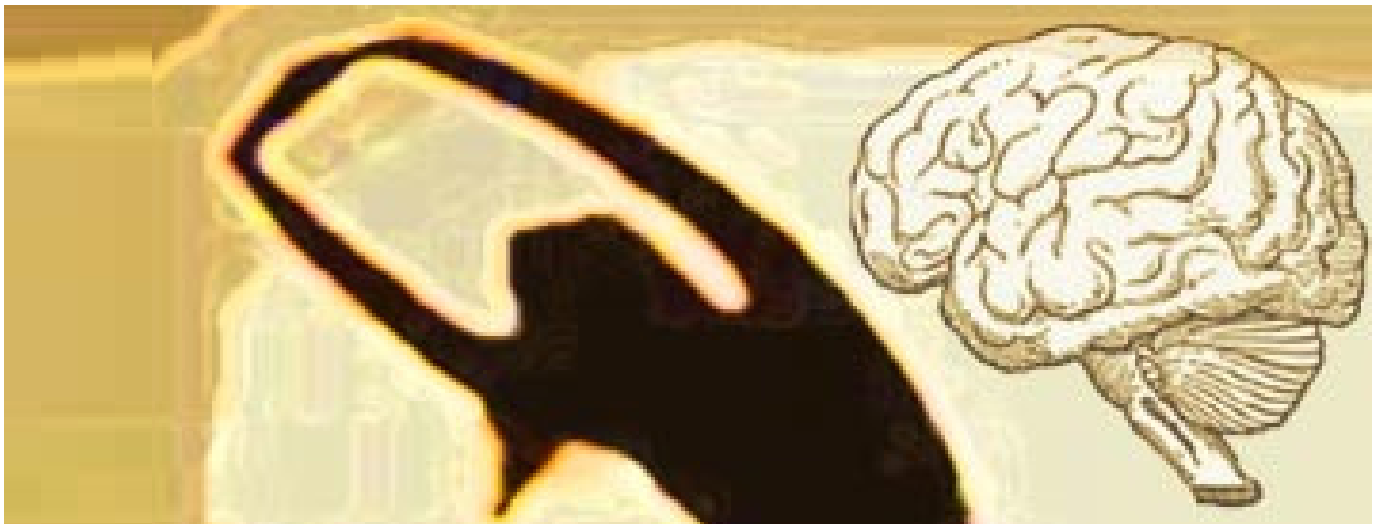
Mobile: 0417 243561.

Alzheimer's Disease & Exercise

Exercise is Medicine Australia

(www.exerciseismedicine.org.au)

has developed a number of fact sheets to help educate health care providers and their patients on the role of exercise in the treatment of those with chronic conditions. The latest fact sheet helps doctors, patients and everyday Australians understand the role of exercise in the treatment of Alzheimer's disease. It covers: - the condition; - the risk factors; - the benefits of exercise; and - what type of exercise is recommended.



Watch this fascinating Video by Dan Buettner on How to live to be 100+
http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100.html



Current Ageing Research

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

Selection in sentence generation and propositional language

We are seeking healthy adults between the ages of 65 and 80

We are interested in discovering how different parts of the brain control a range of thinking skills. For example, this includes how the frontal areas of the brain are involved in generating a spoken response. This information is important for understanding how these parts of the brain are involved in specific types of thinking in general and for understanding the thinking problems of some patients whose illnesses affect the brain. We can obtain this information by studying the behaviour of people who have suffered an illness affecting their brain, and comparing their performance to people who have had no such illness.

Participants will be required to perform several simple tasks that look at your ability to think. This may involve responding verbally (i.e. speaking) or nonverbally (eg. pointing) to words and

pictures. The tasks are carried out with pen and paper or via computer. Each task will be explained to you beforehand with examples given. These tasks take around two hours to complete and can be done at a pace that is comfortable and convenient for you. No physical medical procedures are involved.

While it is preferable that the study be conducted in the research lab at the University of Queensland, the researchers are flexible in terms of discussing an alternative, more convenient location for testing should it be required.

If interested, please contact either Anna or Tom (contact details provided below) to arrange a session time.

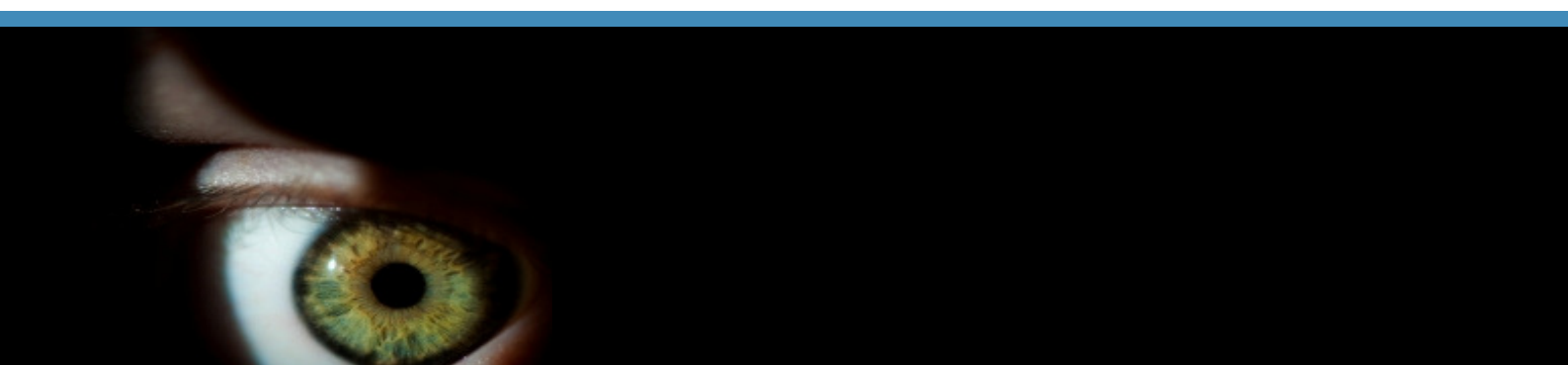
Miss Anna Casey

Email: anna.casey@uqconnect.edu.au

Ph: 0423 779 217

Mr Tom Hollingsworth

Email: thomas.hollingsworth@uqconnect.edu.au



Healthy Adults for Anxiety and Depression in Parkinson's Disease Study

We invite you to participate in our research and help us understand more about anxiety and depression in Parkinson's (PD). We seek for **right handed healthy adults over 55 years**, who are free of PD and have no history of depression, anxiety or related psychiatric manifestations, as a comparison group to participate in this PD research project.

Background and Aims of the Project

PD is a chronic and disabling brain disease affecting 80,000 Australians. Problems like anxiety and depression are common in PD patients. It is estimated that up to 90% of patients experience anxiety and depression and these problems significantly reduce their quality of life. Anxiety and depression in PD are poorly identified and therefore untreated.

This project aims to find better ways to identify anxiety and depression in PD. We will develop tests and techniques to assess these problems in PD. These novel assessment methods of anxiety and depression are expected to help diagnosis at early stages and potentially treat these problems helping PD patients to cope better with the disease.

What is required of you?

We will ask you to participate in a clinical interview which will be conducted at the University of Queensland Centre for Clinical Research (UQCCR). The interview will take approximately 1 hour and 30 minutes to complete. During this interview we will assess your cognitive function and will screen for anxiety and depression.

Recording brain waves & doing a language task

Within two weeks of completing the interview you will be invited to the UQCCR to record your brain waves while you perform a

language task. A netted cap which holds electrodes will be placed on your head to record brain waves. These electrodes only record electrical activity over the scalp and you will not feel any discomfort like electrical impulses. This technique is called electroencephalography or EEG.

The language task involves looking at words on a computer screen and making decisions about them. It will take approximately 2 hours to complete this part of the project. A research assistant will help with this part of the study. We will reimburse you with \$30 to cover some of your travel or parking costs involved with assisting us with this research project.

Are there any risks?

There are no major risks involved with completing this study. If you feel uncomfortable at any point you may choose to withdraw from the study. This will not affect your future care or relations with the staff at the University of Queensland or hospital you are attending.

Dr Nadeeka Dissanayaka

Level 3, University of Queensland Centre for Clinical Research, Building 71/918, Royal Brisbane & Women's Hospital, Herston QLD 4029

Telephone: (07) 33465577

Email: n.dissanayaka@uq.edu.au





STILL RECRUITING!

SNAKES, SPIDERS, LIZARDS, MOTHS, DOGS, COCKROACHES

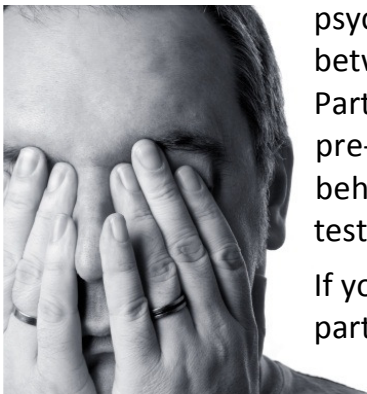
Are these things that make you anxious?

Is there something else that you are afraid of? You may have a phobia.

Do you want to overcome your fear?

A phobia is a marked and persistent fear of an object, situation or event, which is excessive and unreasonable, and which interferes with one's everyday life. Phobias are more common than is often thought, with phobias being one of the most common anxiety disorders experienced by older adults. But the good news is, phobias have been shown to be effectively treated with psychotherapy.

The University of Queensland is currently conducting a research study starting in 2012 investigating how adults and older adults with phobias respond to their feared stimulus before and after



psychotherapy. The research team is currently recruiting men and women between the ages of **65 and 80** who may have a phobia.

Participation is free, with minimal waiting time, and will involve pre-treatment assessments, phobia treatment using group cognitive behavioural therapy, psychophysiological measurements, and follow-up testing.

If you would like more information about this study, or would like to participate, please contact: **Madeline Farmer**

the m.o.d.e.l. study

muscle mass, omega-3, diet, exercise and lifestyle

Participants will be randomly allocated into one of 3 groups. The study will involve 3 assessment periods over 6 months. 2 of the 3 groups will participate in a 12 week

We are seeking women who have successfully completed treatment for breast cancer (surgery, chemotherapy and/or radiotherapy) in the last 12 months, have no metastatic disease, do not have a history of cardiovascular disease or diabetes, and are currently not consuming a high dose of omega-3 supplements.

healthy eating and exercise education program (9 sessions over 12 weeks) that is especially designed for breast cancer survivors.

The aim of this research is to determine the effect of omega-3, exercise, or a combination of both, on muscle loss, body composition, markers of stress and quality of life after treatment for breast cancer.

The study is being conducted at the Wesley Research Institute, Auchenflower. If you live in Brisbane and would be interested in finding out more about the study (or know of anyone who may) please contact:

Cameron McDonald
0411380566 or

uqbreastcancerstudy@gmail.com



Facial Expressions and Metal Health

What is the study about?

The current study is an innovative Queensland Institute of Medical Research (QIMR) project to develop a non invasive diagnostic tool for mental illness. It uses cutting edge audio and video technology to map changes in facial expression. By comparing the reaction of people with and without a mental illness, when watching emotionally salient movie clips, the project aims to develop a laboratory based diagnostic tool. It is hoped the tool can be used to aid in the diagnosis of mental illness and help monitor and assess the effectiveness of treatments. The ultimate aim is improved outcomes for people suffering from a mental illness.

Why is this research so important?

Depression and other mood disorders are common and disabling and have a major impact on both individuals and society. In 2007 it was estimated 3.2 million Australians (20% of the population aged between 16 and 85) had a mental disorder. Mental disorders constitute the leading cause of disability burden in Australia. Mental health problems, particularly depression, is of concern for older adults as the symptoms of mental health problems can often overlap with symptoms of early dementia and other health problems, making accurate assessment and treatment difficult.

Despite its high prevalence and enormous socio-economic burden, clinical practice relies almost exclusively on the opinion of individual clinicians, risking a range of subjective biases and possible misdiagnosis. As health care costs in Australia rapidly increase, the provision of effective health monitoring systems and diagnostic tools are vital.

How can I help?

QIMR is looking for volunteers over the age of 50, without a current or history of mental illness or anti-depressant use, within the greater Brisbane area to participate in this ground breaking research.

If you are interested, please contact via email at facelab@qimr.edu.au or on 07 3845 3938. A study coordinator will contact you to discuss your involvement in the research.

What does participating involve?

For most participants, participating in the study involves:

- ♦ Reading a Participant Information Brochure and signing a Consent Form.
- ♦ Completing questionnaires and interview about your general health, lifestyle and medical information.
- ♦ Attending the clinic at QIMR and viewing movie clips and answering some standard questions.
- ♦ You will be thanked for your participation with a \$25 Coles Myer voucher.

Who is conducting the study?

This study is being conducted by the Mental Health and Systems Neuroscience Laboratory based at the Queensland Institute of Medical Research. The study has been granted Human Research Ethics approval.

What about my privacy?

The researchers must treat all information as strictly confidential. Your information is used for medical research purposes only.

What if I change my mind?

Your participation is completely voluntary and you are free to withdraw from the study at any time.



**What makes your life worthwhile?
Why do you feel content or fulfilled?
What does a high-quality life mean to
you? What things affect your wellness?**

Believe it or not, researchers have been concentrating so much on what makes you psychologically *un*-well, that they have (to an extent) overlooked a very important question – What actually makes you, well... *well*?

This year for her doctoral thesis, Sofia Robleda will be examining what *quality of life* and *well-being* means to Australian adults aged 50 and above, and also what variables influence these two concepts. If you are 50 years and above, you are invited to participate in this study. You will be interviewed and given a range of questionnaires about your quality of life, well-being, perceptions of your own and other's aging, social support, life events, and optimism.

As a thank you for your participation, **you will also receive brief INDIVIDUALISED feedback on your results**, and empirically-validated tips on how to age positively! This means that you will get to know what you scored on the questionnaires you answered compared to others your age! **This is the last chance to participate in this study, so take advantage of the opportunity now!!**

So, if you are interested in becoming involved, or just finding out more about the study, please contact:

Sofia Robleda on 0422686429 or sofia.rg@me.com
You can also listen to an ABC radio interview of the study at:

<http://blogs.abc.net.au/files/wellness-for-blog.mp3>



Memory for future intentions

75+ participants wanted

People often think of the past when we talk about memory. Another component however, is memory for future intentions, such as remembering to attend an appointment or to take medication. We are interested in the processes that are involved in this type of memory.

Who can participate?

We are looking for healthy adults over 75 years of age. You must not have had a traumatic brain injury or be currently diagnosed with a psychiatric illness. If you are unsure if this includes you, please call Sebastian to discuss this further (0422 079 017).

What does participation involve?

The study will involve a brief assessment, computer-based task and paper-based questionnaires, and takes 60 to 90 minutes to complete.

Where is this study held?

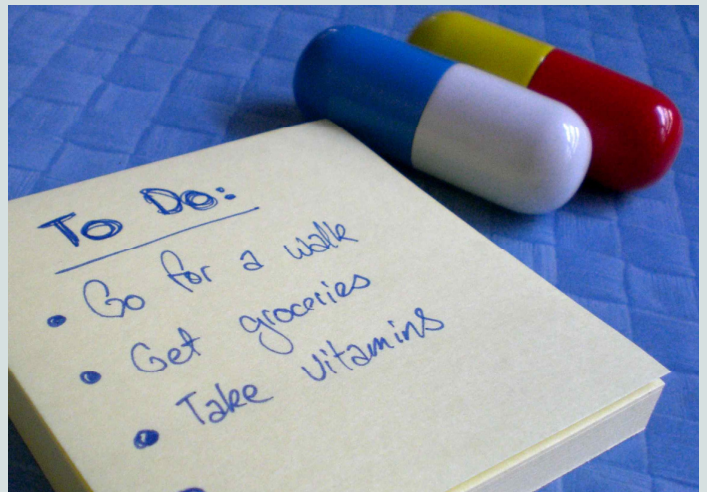
The study can be completed at the University of Queensland, St Lucia Campus or in the convenience of your home on the provision that you have a quiet room with minimal distractions. All participants will be given \$20 as a small token of our appreciation.

Getting involved:

Please call Sebastian Joeffry

Ph: 0422 079 017

Email: Sebastian.joeffry@uqconnect.edu.au



Family Member Involvement in Helping People with Hearing Loss



The University of Queensland seeks volunteers (60+ years) to participate in a hearing research project. People with hearing loss and their spouse are needed to participate in a 2 hour group interview. We are interested in finding out if family members would like to be involved in helping their significant others with hearing loss, and if so, in what capacity. The group interview will be held in November at The University of Queensland (date and time to be advised). This project is supported by Australia's Hearing Cooperative Research Centre. For more information, please contact **Carly Meyer** or **Paul Bunn** on (07) 3365 8547 or email hear@uq.edu.au

The effects of personal and organisational resources on caregiver strain

Research is being conducted by University of Queensland PhD Researchers into how caring for elders with physical (i.e. frailty) or mental disability impacts on carers ability to manage their job roles at work, home and the impact on their health and wellbeing.

Caregiving can have both negative and positive impacts on our lives but we need to know more in order to facilitate support initiatives that will affect you. By participating, you will help us gain a better understanding of the current situation of employed carers and the ways in which you receive or require support. This will be through strengthening individual and work-related resources.

This area of research is vital given demographic challenges for Australia and the implications this has for carers who need to balance multiple roles. We hope to determine what support resources

organisations need to embark upon to assist carers, thus implications are at the individual and organisational level. This first study will inform training for caregivers to better take care of themselves (personal resources/ emotional support) and their loved ones, and for employers to better assist caregivers.

Your participation is requested for **2 online questionnaires** (20 minutes each) to be completed over **6 months** (approximately June/July 2012 and again in November 2012-January 2013).

You are also requested (but not required) to provide an **email contact for a supervisor or colleague** who can provide information on your behaviour at work at both time points. This will take the form of a short (10 minute) online survey which will be both anonymous and confidential.

We hope to recruit 500 employed individuals who provide care to an elder across Australia. This care may take the form of support due to physical ailments (i.e. frailty or other diagnoses such as Parkinson's) or mental health issues (i.e.

Dementia/Depression), or emotional support from the caregiver (i.e. even phoning regularly to check in). We aim to contact carers who provide **any form** of support.

If you provide care to an elder who requires assistance with their daily living, please follow the link below to register your interest and to find out more information. In accordance with University and research policy, all participants will be ensured confidentiality at all stages of the study.

<https://experiment.psy.uq.edu.au/eldercare/>

Thank you very much for your assistance!
Claire Greaves, PhD Candidate.





Seeking English Speaking adults over 50 to Help with Motor Neurone Disease Research

Seeking English speaking adults over 50 years to help research into Motor Neurone Disease

We invite you to participate in our research and help us understand more about cognition in Motor Neurone Disease (MND). We seek healthy adults over 50 years, who are free of neurological conditions and have no history of depression, anxiety or related psychiatric manifestations, as a comparison group to participate in this research project.

What is Motor Neurone Disease (MND)?

Motor neurone disease (MND), known as Amyotrophic Lateral Sclerosis (ALS) in many parts of the world, and as Lou Gehrig's disease in the USA, is a progressive neurological disease.

Motor neurone disease (MND) is the name given to a group of diseases in which the nerve cells (neurones) controlling the muscles that enable us to move around, speak, swallow and breathe fail to work normally. With no nerves to activate them the muscles gradually weaken and waste. The patterns of weakness and rate of progression vary from person to person. While some people can live a long time with MND, the average life expectancy is 2 to 3 years from diagnosis.

MND affects approximately 1400 people in Australia and thousands more - their carers, families and friends - live daily with its impact. On average every day in Australia at least one person dies from MND and another is diagnosed (Adapted from the MND Australia website see for more details <http://www.mndaust.asn.au/>).

What is our project?

We are interested in discovering the common patterns in thinking skills in patients with Motor Neurone Disease (MND) and comparing them to

people who have had no such illness. Examples of this are looking at language functioning and our ability to generate a response (spoken or nonverbal), plan a strategy when problem solving and our ability to learn and remember things. This information is important for understanding the thinking problems of some patients with MND, and for understanding how different parts of the brain are involved in specific types of thinking in general. We can obtain this information by studying the behaviour of people who have suffered an illness affecting their brain, such as MND, and comparing their performance to people who have had no such illness.

What is required of you?

You will be asked to perform several simple tasks that look at your ability to think. This may involve responding verbally (i.e. speak) or nonverbally (e.g., pointing) to words, dots and pictures. The tasks are carried out with pen and paper or via computer. Each task will be explained to you beforehand with examples given. These tasks take around three hours to complete and can be done at a pace that is comfortable and convenient for you. You are encouraged to pause or stop testing should you experience fatigue or any discomfort during the testing process. All the tasks can be completed at the University of Queensland or if more convenient, at your home. No physical medical procedures or samples are involved.

Are there any risks?

There are no major risks involved with completing this study. If you feel uncomfortable at any point you may choose to withdraw from the study. This will not affect your future care or relations with the staff at the University of Queensland.

More Information:

Rosemary Argall, BPsychSc

School of Psychology, University of Queensland
St Lucia QLD 4072

Telephone: **0435535191**

Email: rosemary.argall@uqconnect.edu.au

Changes to Brain Activity in Parkinson's disease

We are conducting a study to find out how Parkinson's disease can influence brain activity during language processing. In order to do this, we need to compare the brain activity in healthy adults to the brain activity of people with Parkinson's disease.

We are seeking **healthy adults over 50 years of age who are right handed**, have English as a primary language, with no history of neurological disease, mental illness or head trauma.

Participation in the research will involve a brainwave recording session (EEG) while you do some computer-based language tasks. For this EEG

recording, a netted cap is fitted on the head which records brain activity while you do the language tasks.

During another testing session you will also be asked to do some general thinking and language assessments whilst your brain activity is not being recorded. The testing will occur at the University of Queensland Centre for Clinical Research, Herston.

You will receive \$30 as a reimbursement for the time and travel involved in participation. Overall, participation in this project is expected to take 1-2 sessions lasting approximately 3-4 hours.

If you live in Brisbane and are interested in knowing more about this study, please contact Dr Anthony Angwin

Email a.angwin@uq.edu.au,

What motivates you to volunteer and participate in University Research?

If you have participated in an age related research project that required you to attend the St. Lucia Campus of the University of Queensland, we would love to hear from you. A study is currently underway examining the trend for older persons to engage in the activities of Australian Universities.

It aims to understand what is motivating this engagement and why older persons are taking advantage of the opportunity to enrol in classes, volunteer, help in the training of students and access a wide range of amenities and services available on campus.

The study also examines whether or not the built environment of a university campus, and the level

to which a campus is integrated with its surrounding urban context, assists or is hampering older persons in taking advantage of these opportunities. If you would like to share your experiences, we invite you participate in a short survey.

The survey is anonymous and can be completed on-line at: <http://www.surveys.unsw.edu.au/survey/156685/1624/>

We are also looking to interview volunteers who regularly visit the St. Lucia Campus.

If you would like to participate in this way, or would like any additional information about the study, please contact the lead researcher:

Tracie Harvison on 0417 243561 or email: tracie.harvison@bigpond.com

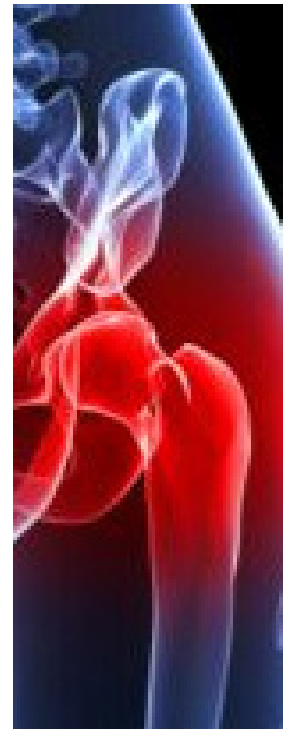
Hip Osteoarthritis study Healthy adults AND adults with ongoing Hip pain needed!

We need people over the age of 45 years with either:

1. Ongoing hip pain (greater than 3 months) and/or suspected or known diagnosis of **Hip Joint Osteoarthritis** (and no previous lower limb joint surgery, major trauma or knee arthritis) are required for a research study looking at the effects of hip osteoarthritis on joint cartilage, bone health, muscle function and walking features and their relationship to progression of the condition.
 2. No history of injuries, surgery or neurological conditions to their lower body are required
- Testing will take place at the Griffith University Biomechanics Laboratory, Gold Coast campus. Free X-rays will be taken at a local radiology clinic in Brisbane or Gold Coast. This project has ethical clearance from Griffith University Human Research Ethics Committee (PES/23/08/HREC).

What's involved:

- Tested twice, approximately 12 months apart and
- Have a free X-ray and MRI scan of their pelvis and hip joints
- Have free Bone Mineral Density (Dual-energy x-ray absorptiometry (DXA)) scans of the hips and to measure the amounts of bone, muscle and fat in the body.
- Have a free scan to measure bone and muscle shape and quality in the thigh
- Complete questionnaires on health, pain, mobility and quality-of-life
- Have a free blood test to assess the relationships between the hormones, proteins and fats that circulate in the blood, and the characteristics of the bone, cartilage, muscle and fat.
- Have their lower body strength tested
- Have their walking pattern analysed
- Have their ability to walk, climb stairs and rise from a chair assessed
- Wear a 'pedometer' for 1 week



To volunteer or receive more information, please contact: **Maria Constantinou**
Mobile: 0412392062 Phone: (07) 5552 7716
Email: m.constantinou@griffith.edu.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 at
School of Psychology, The University of Queensland
ST LUCIA QLD 4072 or Tel. 07-3365-6832