

Ageing Mind Initiative

Issue 12, May 2012 Newsletter

www.uq.edu.au/ami

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This issue is filled with a new wave of research projects desperately seeking participants. The researchers behind this work are an intelligent mix of PhD students, research academics and honours students. If any of these projects interest you, please don't be shy about participating.

Be sure to also look at the range of interesting research conferences for both academics and community members on pages 5 and 6!

Page 4 contains a feature story on the Memory and communication training for caregivers of people with dementia at home: RECAPS and MESSAGE program.

I hope you all enjoy the May issue of the AMI Newsletter. If you have any questions, you can always send them to ami@uq.edu.au

**LAST CHANCE FOR
 MULTIGENERATIONAL
 SURVEY — SEE PAGE 2!!!**



ISSUE QUOTE:

Do not forget the hands of the aged; they have touched much of life and have become sensitive and sympathetic. ~Anonymous

Psychological Outreach for Multigenerational Families

Are you a parent (aged 25-70 years) who is also in regular contact with your own parent (s)? With people living longer and children taking longer to become independent, being sandwiched in-between two generations is becoming increasingly common.

We at the University of Queensland are developing a psychological outreach for people who **may have questions about how to cope with multigenerational demands on time and resources.**

This service for multigenerational families (The Sandwich Generation) could offer valuable support to people in the community. We want to know what this experience is like for you!

Focus groups will be run and will meet at the University of Queensland St Lucia Campus. Morning, afternoon and evening meetings are available.

Groups run May and early June and will only require an hour of your time.

PLEASE SIGN UP – THIS PROJECT ENDS SOON!

If you are unable to attend a focus group, an online Sandwich Generation Survey can be completed at the web address:

<http://exp.psy.uq.edu.au/sandwich>

The survey takes approximately 30 minutes to complete and is completely confidential and anonymous.

The study is being conducted by Damon Hine under the supervision of Nancy Pachana. If you would like to participate or know of someone who would be interested in participating, please feel free to contact on **0424 349 511** or via email at: **damon.hine@uqconnect.edu.au**



International EnviroSurvey55

The EnviroSurvey55 is compiling attitudes of over-55s towards the environment and topics such as climate change.

It aims to identify difficulties faced by people aged over 55 to personally take action to reduce their own impact on environmental issues.

The results of the survey could help shape policies and strategies that address concerns of an ageing population.

A consortium of older peoples' organisations are behind the initiative, which is being led by the Stockholm Environment Institute at York University, UK, and Simon Fraser University's Gerontology Research Centre in Canada.

"The survey will provide insight into the level of understanding and concern about environmental issues in this demographic group, including differences that are linked to geography and location," said Stockholm Environment Institute senior researcher Dr Gary Haq.

Other consortium partners include Age UK, Community Service Volunteers' Retired and Senior Volunteer programme (RSVP), Help Age International and the Council on the Ageing, Australia.

"Evidence shows that older people can be disproportionately affected by environmental problems such as air pollution, climate change related heat waves and other natural

disasters," said Simon Fraser University's Gerontology Research Centre research associate Professor Gloria Gutman.

"It's important that seniors around the world make their voices heard so that steps will be taken to better prepare them and to meet their needs when they can't always do it themselves."

The EnviroSurvey55 builds on previous studies of older people and the environment, in particular the vulnerability of this demographic group to the effects of a changing climate and the need for new approaches sensitive to personal circumstances in later life.

It comes at a time when environment is in the international spotlight, with world leaders gathering in Rio de Janeiro, Brazil, for the United Nations (UN) Earth Summit in June.

Anyone over the age of 55 can complete the online survey by visiting www.envirosurvey55.com



Memory and communication training for caregivers of people with dementia at home: RECAPS and MESSAGE program.

Chief Investigator: Professor Helen Chenery
Research team contact person: Dr Erin Conway
e.conway@uq.edu.au

A team of researchers at the University of Queensland developed a training program to support family members and friends caring for someone with dementia at home. The training program, called RECAPS and MESSAGE, was delivered by DVD and helped caregivers to develop strategies to support communication and memory for their family member or friend with dementia.

The team involved clinicians, researchers and educators in neuropsychology, psychogeriatrics, nursing, speech pathology, and communication, and sought input from experienced professional and informal caregivers.

Forty-one pairs of caregivers and care recipients in South East Queensland volunteered for a study investigating the effectiveness of the training. People participating in the study filled

in a range of questionnaires about their health, experiences of caregiving and well-being. They also received the RECAPS and MESSAGE training and provided feedback on its usefulness and application.

Compared to caregivers who had not received the training, trained caregivers had significantly more knowledge of strategies to support memory and communication in dementia. They also reported fewer disruptive behaviours from their family member and an increase in their own positive perceptions of the caregiving role.

Trained caregivers also reported increased verbal communication of depressive ideas from their family member, but other indicators of depression were unchanged. It is possible that training in communication strategies enhanced caregivers' sensitivity to feelings expressed by the person with dementia.

Caregivers receiving the RECAPS and MESSAGE training reported high levels of satisfaction with it. They reported the training was helpful and easy to apply, and 100% of caregivers indicated they would recommend it to family or friends.

Based on the feedback from caregivers, the training has been updated and is now available, free of charge, on YouTube: <http://www.youtube.com/UQDementiaCare>. DVDs have also been provided to dementia support groups and organisations.



Upcoming Australian Events!

Cultural Diversity in Ageing Conference

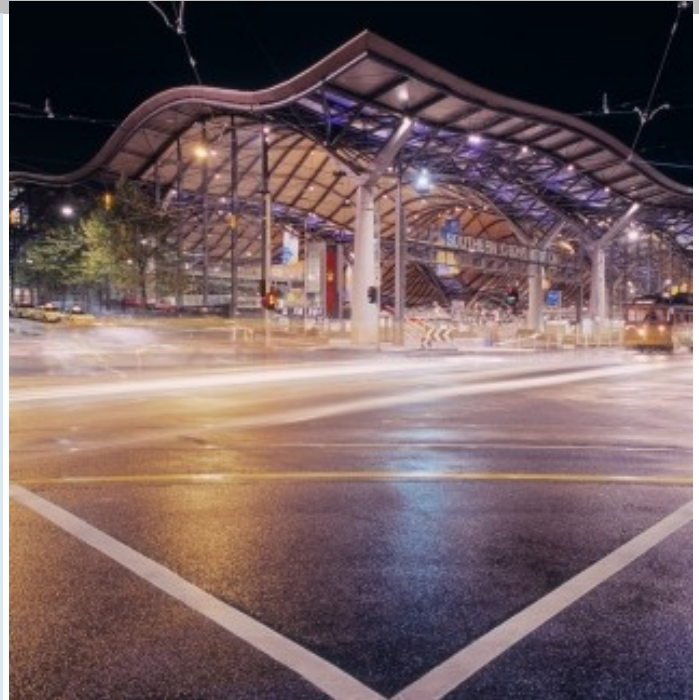
7 - 8 June 2012

Melbourne Convention and Exhibition Centre, VIC

The conference will once again bring together people with a broad range of interests within the aged care sector including industry representatives, providers, practitioners, educators, researchers and consumer advocates to discuss and explore responses and best practice initiatives addressing the needs of our culturally diverse ageing population.

In 2012, the conference theme of 'Stories to Inspire' will provide delegates with an opportunity to take a unique and creative approach to cultural diversity in ageing, and encourage people to consider the stories of ethnic communities, aged care services and staff, carers and of course stories of ageing migrants in the community.

<http://www.culturaldiversity.com.au/>



International Psychogeriatric Association International Meeting

7 - 11 September 2012

Cairns Convention Centre, Cairns, QLD

The International Psychogeriatric Association and the Royal Australian and New Zealand College of Psychiatrists Faculty of Psychiatry of Old Age invites you to a joint international meeting in Cairns, Australia. Clinical and research leaders of all disciplines from around the world are welcomed.

Cutting edge research will be supplemented by many opportunities for clinicians to inform their colleagues of treatment issues, service development and social policy. Participation by our Asian and Pacific neighbours will be especially welcome.

<http://www.ipa2012cairns.com/>



International Conferences



International Behavioral Neuroscience Society Annual Meeting

5 - 10 June 2012

Kailua-Kona Hawaii, USA

The major goal of the International Behavioral Neuroscience Society's (IBNS) annual meeting is to bring together scientists whose interests are in the broad area of understanding the neural control of behavior.

We cordially invite members and nonmembers alike to attend. Topics will focus on a number of themes including, but not limited to: Learning, Memory, and Neuronal Plasticity; Ingestive Behavior; Drugs of Abuse and Psychopharmacology; Behavioral Endocrinology; Behavioral Genetics; and Psychoneuroimmunology.

<http://www.uq.edu.au/ami/>

The New Zealand Association of Gerontology Ageing and Diversity Conference

13 - 15 September 2012

Waipuna Hotel and Conference Centre, Auckland, New Zealand

A range of international and national speakers and champions of a society in which people age well are being invited, and will present a programme that is rich and diverse in content.

The Call for Symposia and Call for Abstracts is now open, and we encourage you to submit a paper to one of the above themes – go to www.nzag2012.co.nz for guidelines and the submission process. Information will be added to the conference website as planning progresses.

Please check back often, and encourage any other interested parties to register online their interest in the conference.



Current Ageing Research

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

Memory for future intentions

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.

We are looking for healthy adults over 65 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.

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



The study can be completed at the University of Queensland, St Lucia Campus and you will be reimbursed \$30 for travel expenses.

The study can also be completed in the convenience of your home on the provision that you have a quiet room with minimal distractions, as no travel expenses will be incurred by you in this instance, you will be given a \$20 Coles gift voucher as a small token of our appreciation.

if you would like to learn more about the study, please contact Sebastian Joeffry

Ph: 0422 079 017

Email:

Sebastian.joeffry@uqconnect.edu.au

Understanding Social Interactions

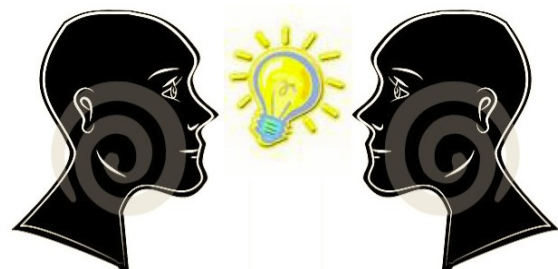
We are looking for healthy adults over the age of 65 years to participate in our research on social interactions.

Participation will involve having sensors placed on the face that will record signals that emanate from the head while you view some images and short testimonials. The sensors simply stick on the skin with tape and although you may feel like you look a bit funny, you won't feel anything uncomfortable.

In addition, you will also be asked to fill in a few brief questionnaires, and complete some puzzles.

This experiment will be conducted at the University of Queensland St Lucia campus and will take approximately 90 minutes to complete. You will be reimbursed \$30 for the time and travel involved in participation.

If you are interested in participating in this exciting research or would like more information please contact Sarah on: Ph- 0423734605 or email- sarah.grainger@uqconnect.edu.au.



The Relationship Between Motivation and Creativity

About the study

The aim of this study is to investigate the relationship between age, social motivation and creativity with the intention to examine ways of enhancing creativity in the work context. The organisational psychology discipline will benefit from the present study by knowing appropriate motivational strategies to optimise creativity levels of both older and younger employees in the workforce.

Who can participate?

We are looking for healthy volunteers who are 50 years of age and over. Participants must not be suffering from any conditions impacting on cognitive ability.

What does participation involve?

The study involves completing a timed (10 minute) brainstorming task and a short

online survey regarding perceived creativity, self-efficacy, mood, emotional intelligence, personality attributes and future time perspective. Participants are also asked to provide demographic details including their age, gender, education level and occupation. All details provided are strictly confidential. The entire task should take approximately 20 minutes and can be completed online from any location.

The study can be accessed from this link: <http://exp.psy.uq.edu.au/brainstorming>

If you would like more information on the study please contact Tiara Horvath on 0421 368 735 or tiara.horvath@uqconnect.edu.au

Also, if you would like to learn the outcome of the study in which you are participating please contact me at the above email address after the 11th of October and an abstract and the findings will be sent to you.

Financial Capacity Study

THANK YOU very much to everyone who has given their time to participate in the UQ financial capacity research study to date! This NH&MRC dementia grant funded research has the potential to help many older Australians in the future, and we are very appreciative of your support in achieving this goal.

We still require more participants for this research study in 2012 and need your help to do this! If you are **60 years or older and do not have a memory impairment**, then we would love to talk to you further.

Please contact our Project Coordinator, Dr Bronwyn Massavelli, by calling 3365 5050 or by email (b.massavelli@uq.edu.au).



Language Processing and the Brain

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 associated with language processing 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 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 at email a.angwin@uq.edu.au, or phone (07) 3346 7460.

Healthy male participants needed for brain imaging study?

We are seeking healthy male participants over 60 years of age who have English as a primary language, no history of neurological disease, mental illness, or head trauma and have any metal present in the body which would not safe in an MRI scanner.

The aim of this study is to investigate how stroke patients with communication impairment recover language function following a stroke. We want to determine how brain activity differs between healthy adults and stroke patients during a basic language task.

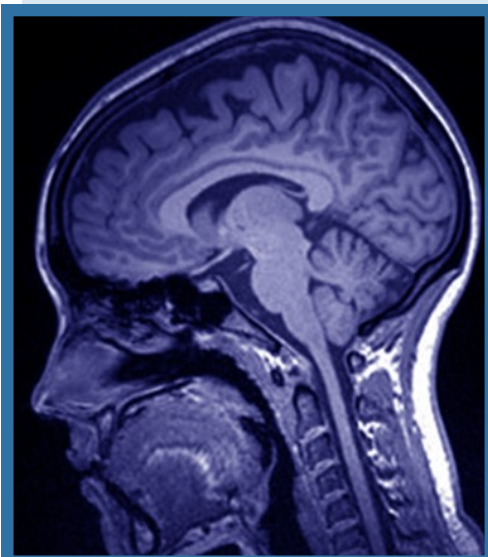
Participation in the research will involve one brain scanning (MRI) sessions, carried out at the Royal Brisbane and Women's Hospital, Herston. An additional assessment session will be carried out at the University of Queensland Centre for Clinical Research, Herston.

Participants will be reimbursed \$30 for their time and effort.

If you live in Brisbane and would be interested in finding out more about the study please

contact Tracy Roxbury on 33466110 or 0413115876 or t.roxbury@uq.edu.au

Your interest in this research is much appreciated!
Tracy Roxbury University of Queensland Centre for Clinical Research (UQCCR) 33466110 t.roxbury@uq.edu.au



In search of return migrants

Have you lived in different places in Australia over your life? Have you ever moved back to live in a former home place after living somewhere else for a while – could be back to the same locality or even the same house? If so, you may be eligible to participate in a study about return migration in Australia.

A researcher at the Queensland Centre for Population Research is currently undertaking an in-depth study of return migration in Australia. As part of this study she is interested to learn more about the underlying motivations and reasons that people have for returning to a former home place.

You might have moved interstate, or between two towns or cities in the same state, or even just to the other side of a large city. In this study we are not interested in people who have moved overseas and subsequently moved back home.

When and where:

Eligible volunteers will be asked to take part in an interview that will last 60 minutes in a location that is convenient to you.

If *you* are interested to find out more about the study or *know of anyone who may be* please contact Angelique Parr on 0403 392 510 or



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

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

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.

The aim of this research is 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.

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 healthy eating and exercise

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

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

What makes your life worthwhile?

Why do you feel content or fulfilled? What does a high-quality life mean to you? 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.

As a member of the 50+ Registry, 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. Interviews will generally be conducted at the University of Queensland, but if you are not in Brisbane, there is an option to do the interviews through Skype!

As a thank you for your participation and continuing support of the 50+ Registry, **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!

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



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