

Our current projects

QualCog

(Quality of Life and Cognition Study):

This study investigates the relationship between memory decline and quality of life in two groups of people: one group who have been diagnosed with Alzheimer's disease, and the other, a control group of healthy older adults. This study is currently recruiting older adults who have either Alzheimer's disease or who want to participate as healthy controls. For both groups we also need the help of a close family member or friend who can fill in some questionnaires. The study involves visiting us at Ainslie House to do some memory tests and questionnaires, which will be repeated after 12 months. **Interested participants can ring Cheryl on 9224 2855 and mention the 'QualCog Study'.**

PACE

(Promoting Healthy Ageing with Cognitive Exercise):

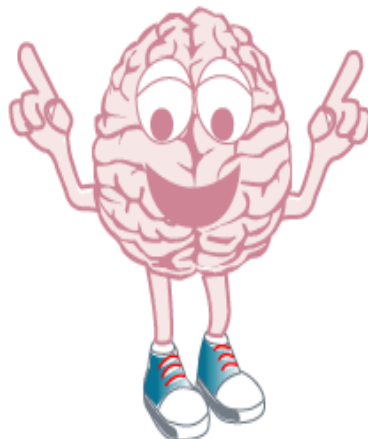
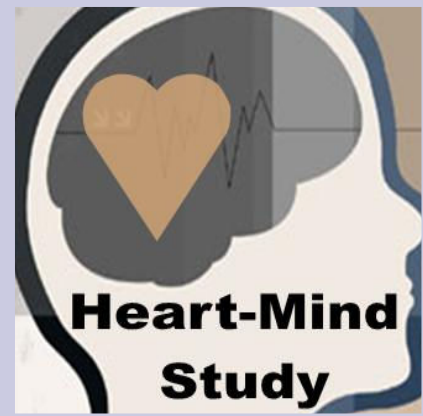
This study is investigating the effects of mental exercise or an education session on memory in people aged 65 years or over who have noticed problems with their memory. Participants will be randomly assigned to either a 5-week cognitive activity program focusing on cognitive training techniques, or a 5-week educational program providing information on healthy ageing and retirement. After each program, participants will be invited back for two additional visits to see whether there has been any change in their memory and well-being over time. If you have concerns about your memory, and you are interested in participating in this project, **please call Cheryl on 9224 2855 and mention the 'PACE study'.**

Heart-Mind

Heart-Mind Study:

This study aims to clarify the mechanisms that link heart disease to memory problems in later life.

Participants are needed for two diagnostic categories: people who have congestive heart failure people who have had a heart attack. Participants are assessed at the start of the study and again after 12 and 24 months. If you are interested in hearing more about this study, **please call Cheryl on 9224 2855** and mention the "Heart-Mind Study".



Thankyou to all our volunteers who have helped us with our research projects and we hope to welcome you back to assist us in any of our ongoing research projects.

We wish you all a safe and enjoyable Christmas Season and a healthy, happy New Year.

Our warmest regards.

the WACHA team.

