Washington State University
Memory in Older Adulthood
and Parkinson's Disease
Research Program

(509) 335-4033, extension 2

PRINCIPLE INVESTIGATORS

Dr. Maureen Schmitter-Edgecombe, Ph.D. Professor, Department of Psychology, WSU, (509) 335-0170; and Dr. Diane Cook, Professor, School of Electrical Engineering and Computer Science, WSU, (509) 335-4985. This project has been reviewed and approved by the Washington State University Institutional Review Board **for human subject participation**.

SPONSORS

National Institute of Health

National Science Foundation

Brain Health Tips

- Mental Exercise – Engage your brain in new activities.
- Physical Exercise – This increases blood circulation and the oxygen and glucose that reach your brain.
- Eat Healthy – Eat foods high in anti-oxidants and Omega-3 fatty acids. Include multi-vitamins in your daily routine.
- Good Sleep Habits – Refrain from consuming alcohol, caffeine, or a large meal 2 hours before going to sleep.
- Reduce Stress – It compromises the ability to create new memories and makes it more difficult to recall old ones.
- Protect Your Head – Use walkers or wheelchairs to avoid falls. Even minor blows to your head could cause brain damage.
- Socialization – Social interactions help improve brain functioning.
- Mental Health – Use resources such as help-lines, support groups, and counseling clinics.
- Love Your Brain – because you only have one!

Washington State University

Memory in Older Adulthood and Parkinson's Disease

Research Program

Your participation is needed!

With your help we can develop memory programs and assistive technologies for person with dementia that will:

- *increase patient well-being*
- *delay everyday disability*
- *reduce caregiver burden*

MEMORY IN OLDER ADULTHOOD AND PARKINSON'S DISEASE

RESEARCH PROGRAM

OUR PURPOSE

To examine different types of memory abilities and how they relate to activities that older adults are involved with everyday. The project goal is to better understand memory disorders in older adulthood and to develop programs and assistive technologies to help maintain independent living at home.

WHO WE ARE LOOKING FOR

We are seeking persons age 50 years or older. We hope to test 200 older adults who report experiencing no memory problems, 50 older adults who report experiencing mild memory problems, and 50 older adults who have been diagnosed with Parkinson's disease.

TIME INVOLVED

Participation includes a 30-40 min phone interview to see if you are eligible for the study. Those who are eligible will be asked to participate in two testing sessions, each lasting between 2.5 – 3 hrs.

TASKS INVOLVED IN PARTICIPATION

The research involves an interview, several paper and pencil tests that are like "brain teasers", and performance of everyday activities in a smart home (e.g., cooking oatmeal). You will also be asked to fill out surveys about your memory and everyday problem-solving abilities. For persons who are interested, we will also ask you to wear an actigraph between testing session. The actigraph will fit on your wrist like a wrist watch and will record information about your activity level and your sleep-wake cycle.

To be in the study you must be able to speak English fluently and not have a current or recent (past year) history of psychoactive substance use or have been diagnosed with dementia.

PARKINSON'S DISEASE PARTICIPANTS

If you choose, in addition to the two testing sessions, you will be asked to wear five wristwatch-sized activity sensors for 24 hours over a one week period. We are interested in learning more about the relationship between treatment and daily fluctuations in symptoms.

INDIVIDUAL BENEFITS

You will be given your results from tests of attention, memory, language, and problem solving relative to others your age. This information may be useful in your current or future medical care.

SOCIETAL BENEFITS

You will be contributing information that could help us to better understand memory disorders and that could lead to programs and smart home technologies that improve independent living.

WHERE AND WHEN

This study is being conducted at **Washington State University**, Pullman campus. The first session may occur at the WSU Spokane or Tri-Cities campus or in Lewiston. An honorarium will be given to cover the cost of travel to the smart home in Pullman. Scheduling is flexible.

CONTACT

To obtain additional information or if you are interested in participating, please call the WSU Memory in Older Adulthood and Parkinson's disease Research Program at: **(509) 335-4033** (extension 2).

Call (509) 335 - 4033
(extension 2)