

MY LONGEVITY

Managing Cognitive Decline

One of the challenges of increasing longevity is cognitive decline. Two examples can be a loss of speed in thinking and difficulty in recall.

There is remarkable work being done so we can improve our response to such challenges.

We already know that cognitive decline can be managed for many of us through our diet, committing to regular exercise and through a strong social network.

Our newsletters are designed to remind you of the many opportunities to manage our own remaining time frame – our longevity.

One of the realities of ageing is that we tend to become more different from each other, rather than more alike. We have to design our own individual pathway through what can be a productive and rewarding part of our life.

Our most recent newsletter on **Stages in Longevity** gives you a starting framework in which you might build your own action plan. It was derived from research supported and summarised by the Australian Institute of Health and Welfare.

There is a growing amount of quality research which aims to understand what is behind the steady increase in community longevity.

Our goal is to enable you to access and make personal use of this information. To do so we aim to support research projects designed to help us all understand longevity better.

As part of your own journey you can contribute to this work. One such opportunity is described here – please support it if you can.

David Williams

SUPPORT COGNITIVE RESEARCH

When a person experiences cognitive decline they may withdraw from certain regular and enjoyable activities. They may also imagine they decline if they withdraw from these activities. Researchers from Flinders University and University of Western Australia are looking at better ways of assessing cognitive functioning and decline and its impact on decision making.

The project has the support of National Seniors Australia. Associate Professor Jo Earl is looking for volunteers 55 years and over who have access to a PC or iPad to complete a 2 part study.

Part 1 investigates how you rate your cognitive functioning and how you feel about regular cognitive assessments. The study collects data on the types of decisions you make on a regular basis and who else you involve in this decision process. All the data collected is reported at group level so your individual results are not shared.

Part 2 involves completing a new on-line cognitive assessment tool known as CANTAB developed through Cambridge University. This involves three short cognitive ability tests, similar to brain training exercises.

Part 1 and 2 are both online and are completed using your own PC or iPad from your home or work. Part 1 takes approximately 20 minutes and Part 2 approximately 25 minutes. In exchange for completing both parts of the study we will provide you with a voucher for \$20. We will also post the results of our study on the My Longevity website later in the year.

To be a part of this project you can click here to read more about the study before you consent to participate.

<http://tinyurl.com/Cog-Health-Study-2017>