

Vitality: Promoting Cognitive Function in Older Adults with Chronic Stroke

PURPOSE OF THIS STUDY:

To see whether a 6-month exercise or cognitive training program can benefit the brain functioning of people living with chronic stroke.

WHO CAN PARTICIPATE?

People aged 55 years and older who have had a stroke at least 12 months or more ago, who can walk at least 6 meters (with or without the use of assistive devices), do not have severe aphasia, and are able to tolerate an hour of moderate exercise safely.

WHAT IS INVOLVED?

Participants are randomly assigned to one of three groups, all of which have 6-months of twice-weekly hour-long classes: 1) an exercise program; 2) a cognitive enrichment program; or 3) a balance and toning enrichment program. In addition, at 4 timepoints (before the classes begin, and then at 3 months, 6 months, and 12 months after beginning the study) there are measurement sessions lasting from 2-3 hours.

CONTACT INFORMATION:

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STUDY TIME/DURATION

Ongoing

STUDY LOCATION

Vancouver General Hospital

PRINCIPAL INVESTIGATORS

Dr. Teresa Liu-Ambrose
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To learn more about this study, visit vchri.ca/participate



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