

Cognitive Brain Training in Older Adults

PURPOSE OF THIS STUDY:

To see whether an eight-week long online cognitive training program can benefit cognitive performance (e.g. memory) and brain health in older adults.

WHO CAN PARTICIPATE?

People aged between 65 – 85 years old living in Greater Vancouver, who have not been diagnosed with dementia or any neurodegenerative disease and who are able to walk independently for about 15 minutes at a brisk pace.

WHAT IS INVOLVED?

- Three 1-hour cognitive training sessions per week at VGH (Monday, Wednesday, and Friday) for a period of 8 weeks.
- Homework for approximately 2-3 hours per week.
- Two 3-hour long measurement sessions at the beginning and the end (8-weeks) of the study.
- Optional MRI at the beginning and end (8-weeks) of the study.

CONTACT INFORMATION:

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To learn more about this study, visit vchri.ca/participate

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Vancouver
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PRINCIPAL INVESTIGATOR

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STUDY TIME/DURATION

The next training group is aimed to take place from February to March 2017. However, we will have additional training groups after March 2017. Please contact us and we will provide additional details!

STUDY LOCATION

Robert N.H. Ho Research Centre at the Vancouver General Hospital