

Evaluation of an Online Memory and Brain Health Promotion Intervention for Older Adults



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PROJECT OVERVIEW



- Evidence-based programs can help older adults learn memory strategies and promote brain healthy behaviours
- Offering programs online has the potential to improve access for people living outside of large cities
- Programs that include social interactions between participants can be particularly helpful, but existing online programs often have minimal social opportunities for older adults

OBJECTIVE



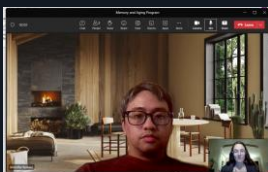
To test a new online, blended version of a memory and brain health promotion program that combined self-directed online learning with group videoconferencing sections with peers and a clinician.

PROGRAM FORMAT

5-Week Program

Asynchronous

- E-Learning videos
- Discussion boards
- Homework activities



Synchronous

- Weekly videoconferencing meetings



IMPACT

Who was helped?

- 1 graduate student and 3 undergraduate students gained research experience

What was produced?

- 3 posters presented at national and international research conferences
- 1 research presentation at an international conference
- 1 manuscript to be submitted for publication

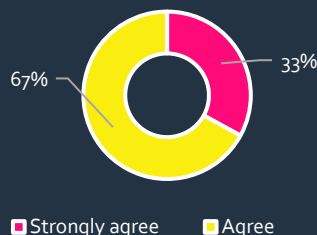
OUTCOMES

Key Findings

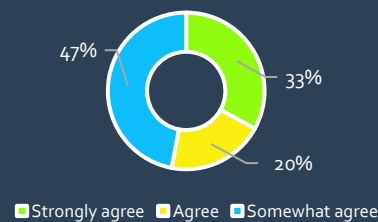
- 26 adults aged 50+ in Windsor-Essex completed our program and research study
- Following the program, participants:
 - knew more about memory
 - were more satisfied with their memory
 - reported fewer memory slips and using more memory strategies
 - showed better story memory
 - reported more healthy behaviours related to physical exercise, diet, and sleep
 - rated that they engaged in more socially and cognitively stimulating activities



Satisfied with the program?



Program fostered social interaction?



Participant Quotes

"It's very reassuring to find out all these things that I'm going through are fairly normal for my age group and not something to be alarmed about and see my doctor about."

"For me, the online was perfect. I could do it at my convenience with my equipment where I'm comfortable."

"Now I'm a little bit more aware on a daily basis of, 'what have I done today that was good for my brain?'"

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