

You are a caregiver for your spouse with Alzheimer's disease or dementia...

What would you want others to know about your social and caregiving experiences?

The **Social Experiences Study** invites caregivers, 65 years and older living with a spouse or partner diagnosed with dementia including Alzheimer's Disease to participate in a **1-hour interview** + complete **home questionnaires**

Interview scheduled at your convenience—at your preferred location.
Spouse or partner is welcome.

Your lived experiences are valued & your participation will contribute greatly to understanding social experiences & informing ways to improve social supports.

For more information, please contact Cassandra Brown or Tomiko Yoneda at socialex@uvic.ca or (250) 472-4868.



www.ififespan.org



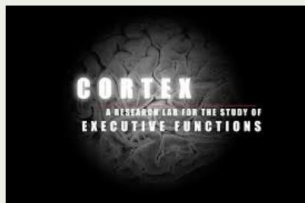
University
of Victoria | Centre
on Aging

**The CORTEX laboratory and the Centre on Aging at the University of Victoria
invite you to participate in a study exploring the
relationship between life satisfaction and thinking as we get older.**

**Healthy individuals, 60 years of age and older, are invited to attend a
One-time 2-hour session at UVic.
Complimentary coffee, tea, and cookies. Free parking.**

With your help we can begin to answer questions such as:

- * Are changes in thinking and reasoning that happen as we get older related to life satisfaction?
- * Can social involvement and physical and mental health protect us from any effects of these changes as we get older?



**For more information and to confirm eligibility,
please contact Emilie Crevier-Quintin
(250) 472-5257 or emiliecq@uvic.ca**



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MUSIC & ATTENTION...

Does music change how you pay attention?

Does the type of music make a difference?

Do some types of music help...?

Are you interested in helping us answer these questions?

Then... This study is for you!

Adults, 65 to 80 years of age, are invited to participate in a 2-session study that includes questionnaires, computer tasks, & heart monitoring

No computer experience required! For more information, please contact

Kristen Silveira

silveira@uvic.ca

(250) 472-4194



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Improve my quality of life...??

....with a *web-based service* that lets me manage my day-to-day health by sharing my personal health information with family & friends?

REALLY?! How? What are the risks?

That's what we want to know too!

We've developed a prototype & need your help to test it.

No previous experience required.

Join us for a 90-minute session where you get to try it out using mock health information. Complimentary coffee, tea, & cookies. Free parking & gift card.

For more information, please contact Ryan Habibi: rphabibi@uvic.ca



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Meet Alfred

Alfred currently has more than

5 prescription medications

He is having a difficult time staying on track and taking his medications as his doctors prescribed.

Join us for 2 fun and interactive sessions where you share your ideas for potential solutions for improving Alfred's medication taking habits.

The first session is a 2-hour focus group with other participants, and the second 1.5-hour session will be carried out with each participant individually.



You will receive a \$35 gift card of your choice for each session you attend, and a \$50 bonus gift card if you attend both sessions.

All sessions will be held at the

Centre on Aging, University of Victoria, R Hut.

The Centre on Aging is easily accessed by public transit or car.

Free parking. Complimentary coffee, tea, & cookies.

For more information or to sign up, please contact:

Paule Bellwood | paulebw@uvic.ca