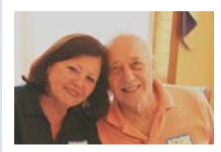


An Innovative Study

Persons with a diagnosis of Mild Cognitive Impairment (MCI), experience changes in their ability to think, learn, and remember. Those diagnosed with MCI are often interested in actively trying to manage or compensate for their memory difficulties in a way that can help them now and into the future. A study called *Memory Training in MCI* is being tested by researchers at Mayo Clinic Rochester, Mayo Clinic Arizona, and Emory University to determine if it may provide some assistance to individuals with MCI and their loved ones.



STUDY COMPONENTS

Both the person with MCI and their study partner participate in the research study. Participants will be assigned to some parts of the study based on chance. Specifically, the researchers are interested in comparing the benefit of using memory notebooks to doing brain fitness computer activities. Also, researchers are interested to learn if the study can be administered with similar effectiveness over 6 weeks or 10-days. If eligible, participants would be randomly assigned to attend the study over either 6 weeks or 10 days and randomly assigned to complete the memory notebook or computer activities. All participants will also take part in educational sessions with other individuals diagnosed with MCI and their study partners.

MEMORY NOTEBOOK TRAINING



One half of those enrolled in the study will be assigned to receive memory notebook training. With the help of a cognitive therapist, persons with MCI and their study partner learn to incorporate a memory tracking and organization tool into their daily routine. Through this memory compensation tool, participants learn habits that can minimize symptoms of cognitive decline and improve independence and self efficacy.

BRAIN FITNESS COMPUTER TRAINING

Early company-sponsored research suggests that participating in brain-training programs may lead to a greater ability to focus, improve speed of processing and could sharpen memory for some. One half of those enrolled in the study will be assigned to participate in brain-fitness computer activities.



WELLNESS EDUCATION

Brain and body health is the primary focus of a daily wellness presentation. All participants will attend all the wellness education presentations as a group. Topics include: Introduction to the Program, Living with MCI, Changes in Roles and Relationships, Sleep Hygiene, Steps to Healthy Brain Aging, Preventing Dementia, MCI and Depression, Nutrition and Exercise, Assistive Technologies, Participating in Research, Safety Planning, and Community Resources.



STUDY SCHEDULE

You will first come in to the office to take some cognitive tests to confirm your eligibility to participate. About 1 week before the program begins you will receive the memory notebook in the mail (only half of those enrolled in the study will receive memory notebook training). The first day of the study, you will complete research questionnaires and begin the training sessions. Participants will attend a total of 12 hours of training sessions and 10 wellness education presentations over either 10 days or a six week period. A typical day will involve 2 hours in our office.

Study follow-up

As part of the research study, the researchers would like to follow up with participants 3 months after the study, 6 months after the study and 1 year after the study. At those visits, participants will receive “booster sessions” of either memory notebook training or computer training. In addition, researchers will gather data about participant and study partner functional status, mood, self-efficacy, quality of life, and sense of burden.

Eligibility Guidelines

Persons interested in the study would be invited to come for an eligibility visit lasting approximately 1 hour. At that time some brief questionnaires and cognitive tests will be completed to confirm eligibility. Generally, eligible participants:

- Have received a diagnosis of Mild Cognitive Impairment (MCI).
- Have a partner (generally a spouse, significant other, son or daughter, or close friend) who does not have any memory impairment and can participate fully in the study (study partner is required).
- Have transportation to and from the study site.
- Be willing to complete the study over either a 6 week or 10 day time period. Participants cannot choose the time period, rather, they are randomly assigned to one or the other (interested persons will be informed of the dates of upcoming sessions to determine if these would fit in their schedules).

FIND OUT MORE

Interested individuals and study partners are encouraged to call each site’s study coordinator for more information on any of the following:

- Eligibility
- Study overview & goals
- Study components
- Supporting research
- Daily schedule
- Role of study partner
- Location

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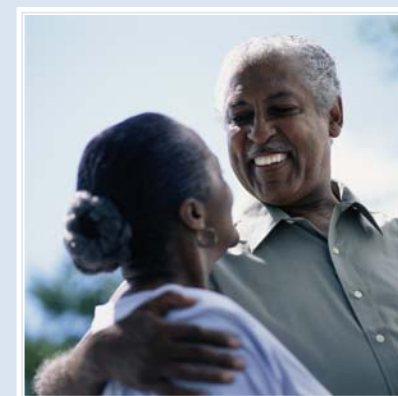


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Memory Training in Mild Cognitive Impairment (MCI)



A Brain Wellness Research Study for Persons with Mild Cognitive Impairment

