

You could be eligible if you are:

- Age 65 or older
- Retired & receiving old age pension
- Living alone

Study requirements

- The program will involve participating in small group problem-solving for a concern important to you
- These meetings will take place approximately every 2 weeks for about 18 months

Stay Sharp for the Future: Be Part of the APROACH Dementia Prevention Study!

We are testing a program designed to boost brain activity and strengthen important thinking skills, like memory, problem-solving, and decision-making, to help prevent or delay dementia.

The Authentic Participatory Research for Older Adult Cognitive Health (APROACH) Pilot study



Participant benefits

You will receive \$50 for your participation in each group meeting

Location

Donald Berman
Maimonides
Geriatric Centre
5795 Av. Caldwell,
Côte Saint-Luc, QC

Pour plus d'informations / For more information:



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<https://dbmcra.ca/en/aproach-pilot-study-information/>

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