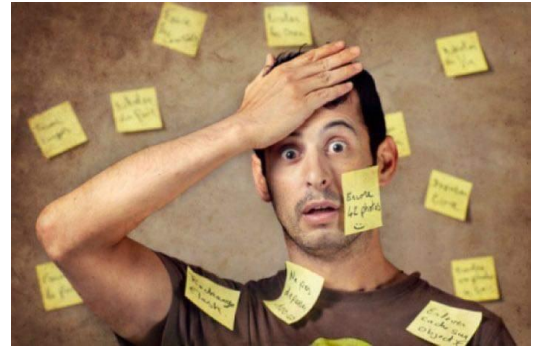


Volunteers needed for a study of everyday memory!!!

Everyday Memory Failures and The Use of Memory Strategies in Healthy Ageing and Mild Cognitive Impairment: A Diary Study



- ✓ Interested in how your memory functions in everyday life?
 - ✓ Curious about everyday memory strategies?
- ✓ Willing to be assessed with a set of standardised tests of cognitive ability?

If so, are you:

- ✓ Aged between 60 – 89?
- ✓ Native or fluent English speaker?
- ✓ Have no official diagnosis relating to your memory?

A research team at University of Hertfordshire is conducting a new study on Memory and Ageing. Results of this study will help to understand the nature and frequency of everyday memory failures and explore what strategies people use to help with everyday memory tasks in healthy ageing.

If you agree to participate:

- You will have a brief phone interview to assess eligibility;
- Three face-to-face sessions in your own home or at the researcher's office in UH (1st – 90-120min; 2nd – 15min; 3rd -15 min);
- Keep two 3-day dairies. First diary for recording everyday memory errors and after short break, a second diary for memory strategy use;
- Have two brief telephone conversations (lasting around 5 - 7 min);

Participation is voluntary, and you will be free to end your participation at any time.



If you are interested in taking part in this study or have any further questions, please email b.brazauskiene@herts.ac.uk or phone (07419 785988).

This study has been approved by University of Hertfordshire Health Science Engineering & Technology ECDA. Registration Protocol Number: LMS/PGR/UH/03619