



We are seeking Active Minds

Every day, our dedicated team of researchers is working to find ways to prevent dementia, such as Alzheimer's disease. We can't do it alone. If you're aged 65 and older, or have mild cognitive impairment (MCI), please volunteer for the Active Mind research study to see if computerized training exercises can improve older adults' everyday abilities and reduce the risk of dementia.

Can you help?

You may qualify if you:

- Are age 65-89 years of age or have mild cognitive impairment
- Do not have dementia such as Alzheimer's disease
- Have not had a major stroke or serious brain injury
- Have some difficulty with your memory
- Are willing and able to provide blood samples and complete MRIs

Potential Benefits of Computerized Training Exercises

Our research has shown that the study exercises may:

- Protect against dementia such as Alzheimer's disease
- Enhance mental quickness and attention
- Improve gait speed and balance
- Improve driving safety
- Maintain health and well-being
- Allow you to perform everyday tasks more efficiently
- Protect against depression

Your Commitment

If you qualify to help, you will complete up to 10 study visits at the UCSF Memory and Aging Center. You will also complete 40 one-hour training sessions in your own home with assistance from study staff. Enrolled participants will receive a free iPad. You may be compensated up to \$100 for study completion.

Please call (415) 476-1820