



Do you feel your memory has worsened?

The University of Melbourne is seeking research participants for the **Cog Coach Brain** study.

Follow this [link \(https://redcap.link/cogcoachsurvey\)](https://redcap.link/cogcoachsurvey) or use the **QR code** below to complete an online survey or **email us** at CogCoachBrain-Study@unimelb.edu.au to find out more.



Participation involves:

A 45–60-minute online focus group for an online lifestyle intervention aimed at preventing cognitive decline in older adults at risk of dementia. You will be asked for feedback on how easy the program seems to use, as well as some general questions on brain health.

You will receive a \$30 gift voucher for your time

We'd be delighted to hear from you if you:

- Are aged **60 years** or older
- Have completed **13 years** or less of formal education (have not gone to university or TAFE) OR Live in regional or rural Australia
- Believe that your memory has worsened
- Have access to a **phone** and the **internet** and are happy to take part in an online video focus group or interview with a researcher
- Have not been diagnosed with dementia