

A Meeting for People Diagnosed with Young Onset Dementia and their family carer or paid carer

is to be held to discuss research
on the effect of personalised exercise intervention on the progression
of Young Onset Dementia.

The Sunshine Coast has been selected
as a focus group in the study.

The lead researcher is conducting the meeting.

Dr Maryam Ghahramani

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Faculty of Science and Technology



**UNIVERSITY OF
CANBERRA**

Thursday, 13th November, 12 noon for 12.30 lunch.

Nambour RSL, 14 Mathew St, Nambour.

Lunch will be provided.

Must RSVP by Mon, 10th Nov and enquiries to

Maryam: on +61262015832 Maryam.Ghahramani@canberra.edu.au;

Or RSVP Lorrae, Dementia Network Sunshine Coast, (which is supporting
Maryam) carersoutlook@gmail.com text 0418 298 183

Exploring Body and Motion Data in Young Onset Dementia and the Impact of a 12-Week Exercise Program

Young Onset Dementia (YOD) refers to dementia that appears before the age of 65.

Most current tests and support tools are designed for older people, which means the needs of younger people are often overlooked. Our study aims to change this by developing new ways to understand and support people living with YOD.

We are seeking participants with a diagnosis of YOD to take part in this project. This research is being run by the University of Canberra and is supported by a Dementia Australia Research Foundation Project Grant.

Participants can choose to take part in just the first phase of the study or in both phases. Those who participate will **receive a \$50 gift card** as a thank-you.

Participants who also join the exercise program will **receive a 12-week personalised exercise plan delivered at home with one-on-one support from an exercise physiologist.**

The study has two phases:

Phase 1. Brain and body assessments – In this phase, we invite younger people living with dementia to complete simple standing and walking tasks. While you do these tasks, we record brain activity and body movements. By comparing results from people with and without YOD, we hope to learn whether these tests can help with diagnosis and understanding of dementia.

Phase 2. Exercise program – In this phase, people with YOD can take part in a home-based exercise program that runs for 12 weeks. During this time, we will track brain and movement data and also gather feedback from participants and carers. This will help us see whether exercise improves daily function and quality of life, while also guiding the creation of smart tools to support earlier detection of dementia.