



## MEMORY AND AGING RESEARCH PROGRAMS

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# Learn to use an Electronic Memory and Management Aid (EMMA) Seeking Older Adults experiencing Memory Changes

Researchers in the Department of Psychology and School of Electrical Engineering and Computer Science at Washington State University are evaluating whether a personalized video-based training program can support older individuals in learning to use an experimental Electronic Memory and Management Aid application called EMMA to support everyday memory and daily activity management. Participants will be randomly assigned to learn to use the EMMA app either alone or partnered with a clinician. Training to use the Electronic Memory and Management aid (EMMA) will take six lessons spread across four weeks. After training, participants will continue to use EMMA for 12 weeks. We believe this program will have important implications for providing older individuals coping with memory difficulties an effective tool to help with their memory and maintain their independence.

### **Who we need:**

- Older adults who are experiencing memory changes
- Speak fluent English
- Have not been diagnosed with dementia

### **Tasks involved if you participated:**

- Learn to use an Electronic Memory and Management Aid to keep track of everyday activities.
- Answer questionnaires and complete a brief battery of cognitive and motor tasks.

**Individual benefits** include an honorarium of up to \$200 in cash and a neuropsychological report about your cognitive and physical health relative to others of your same age.

**For more information, please contact:** (509) 335 – 4033

**Principal investigators:** Dr.'s Maureen Schmitter-Edgecombe and Diane Cook. This project has been reviewed and approved by the Washington State University Review Board for human subject participation.