

New Online Course on Memory Strategies for Older Adults: OPTIMiSE

If you . . .

- Are 60 years of age or older
- Think your memory is worse than it was 10 years ago
- Do **not** have a diagnosis of dementia, neurological conditions, or a current psychiatric disorder



Christian Carls, Forum Seniorenarbeit NRW, Düsseldorf (permission granted), Wikipedia in Senioren-Internetcafes - 005, CC BY-SA 3.0

. . . then OPTIMiSE might be for you.

OPTIMiSE

An innovative **online** memory course for older adults, providing a **personalised** approach, and practical strategies that have **immediate application** to daily life.

What does it involve?



- Free online 6-module course (approx. 2 hours per module) completed within an 8-week period.
- Online questionnaires before and after the course, regarding personal memory goals, memory ability, knowledge, and contentment.
- A follow up booster module 3 months after course completion.

If you are interested in participating in OPTIMiSE, we invite you to complete a short questionnaire to see if you are eligible. Please go to:

optimise.mooc.utas.edu.au

For any enquiries about OPTIMiSE, please contact the Project Coordinator, Carl Moller at:

optimise@latrobe.edu.au

OPTIMiSE is a collaboration between researchers from La Trobe University, the University of Tasmania, and the University of Melbourne.