

**Are you over 60 years old and have noticed changes in your memory and/or other thinking skills? OR
Are you a caregiver for a person who answers yes to the question above?**

IF YES, YOU MAY BE ELIGIBLE FOR THIS RESEARCH STUDY!

We are currently looking for **older adults** who have noticed changes in their memory and/or other thinking skills (**and their caregivers**, if applicable)

You may be given a free tablet to use for 3 months to trial a self-management app! Participants will be asked to complete the app content once per day (at least 5-10 mins) for 3 months and provide feedback



Eligible persons are:

- Over 60 years of age
- Experiencing changes in memory and/or other thinking skills compared to 5 years ago
- A caregiver for a person over 60 years of age who is experiencing changes in memory and/or other thinking skills compared to 5 years ago

If you or someone you know may be interested and meet the criteria above, please contact the research team using the details below:

Alana Bernick (Project Coordinator) at (416)-597-3422 ext. 7949 or Maria Acenas (Research Analyst) at maria.acenas@uhn.ca