

# Quality of Life Programs

Our Quality of Life Programs and support groups are open to all members of the community at no cost, with no obligation to participate in research.



## Memories at the Museum

Docents guide visitors with mild-to-moderate Alzheimer's and an accompanying family member or friend through exhibits and provide a stimulating interactive experience.

## Museum of Photographic Arts (MOPA)

A four-session photo taking, album making workshop developed by the Museum of Photographic Arts (MOPA) is offered a few times a year to participants with Alzheimer's or a related disorder and an accompanying family member or friend. All cameras, printing supplies, and finished albums are graciously provided by MOPA. This program is also offered in Spanish.

# Support Groups



- Early-stage Alzheimer's, or related disorder



- Caregivers



- Lewy Body and Frontotemporal Dementia Caregivers



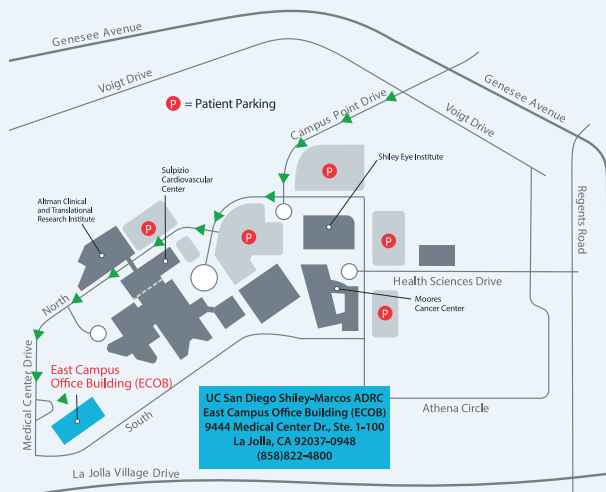
- Young onset Alzheimer's, or related disorder < 60 years of age

## Information regarding support groups or Quality of Life Programs:

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E-mail: [ttruscott@ucsd.edu](mailto:ttruscott@ucsd.edu)

## Information regarding participation in the Longitudinal Study:

Shiley-Marcos Alzheimer's Disease Research Center  
Phone Number: (858) 822-4800  
E-mail: [ttruscott@ucsd.edu](mailto:ttruscott@ucsd.edu)  
[www.adrc.ucsd.edu](http://www.adrc.ucsd.edu)



# UC San Diego SCHOOL OF MEDICINE

## Shiley-Marcos Alzheimer's Disease Research Center

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La Jolla, CA 92037-0948  
Phone: (858) 822-4800  
Fax: (858) 246-1287



## Shiley-Marcos Alzheimer's Disease Research Center (ADRC)

# NIH Funded Longitudinal Cognitive Aging Study

A research study available to aging adults who have:

- Normal cognition
- Mild Cognitive Impairment (MCI) or
- Alzheimer's disease (AD) or a related dementia

**¡Hablamos español!**

[www.adrc.ucsd.edu](http://www.adrc.ucsd.edu)  
[facebook.com/adrc.ucsd](https://facebook.com/adrc.ucsd)  
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UC San Diego  
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Shiley-Marcos Alzheimer's Disease Research Center

# Study Purpose

We are conducting a research study to find out more about Alzheimer's disease (AD) and related dementias. This research aims to gather information to help with early detection, accurate diagnosis, especially at its earliest stages, and directions for targeted treatment. We will follow the progression of these diseases to learn more about changes in the brain, risk factors, and causes of various dementias.

# Study Eligibility

We are looking for people who fall into one of the following categories:

- Healthy adults  $\geq 65$  years of age, without memory/thinking problems
- Adults with Mild Cognitive Impairment (MCI)
- Young onset AD (  $< 65$  years of age at time of symptom onset)
- Frontotemporal Dementia (FTD) or Lewy Body Dementia

# Study Procedures

All participants must have a study partner who knows them well, and is willing to come to the clinic on the same day(s) as the participant for annual visits.

*All participants must be willing to complete the following procedures toward the beginning of the study:*

- Brain MRI
- Lumbar Puncture

*and agree to a Brain Donation at end of life*

Annual visits will include:

- Blood draw (every other year)
- Cognitive testing – measures skills such as memory, attention, and problem solving (2 ½ - 3 hours)
- Neurologic and Physical exams
- Questionnaires to assess characteristics/habits (e.g., mood, sleep)

# Participation

Participation in this study is an excellent opportunity to track your cognitive abilities in a standardized way, as you age. As a participant, you will:

- Receive annual feedback about cognitive test performance as well as diagnostic impressions from a multidisciplinary team of specialists
- Have access to a social worker and Quality of Life programs
- Receive invitations to educational events
- Have the opportunity to learn about additional related research studies

If you are interested in participating in this study and want to learn more, please contact:

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**Phone: (858) 822-4800**  
**E-mail: [ttruscott@ucsd.edu](mailto:ttruscott@ucsd.edu)**  
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