



Might Music, Poems or Stories Improve your Memory or Mood? Join our study to find out.

We are looking for adults who are experiencing **some cognitive decline**, such as increased problems remembering, and are **feeling a bit glum**.



We want to see if music, poems or stories that delight you might improve your **memory, attention, mental agility, mood, and/or your quality of life**.

All music, poems, or stories used will be ones **you choose and enjoy!**

No traveling required – **we'll come to you!**

All participants will **receive a music player to keep** by the end of the study. We'll show you how **easy** they are **to use**.

If you decide to participate, you'll be randomly assigned to 1 of 4 groups for 8 weeks:

1. Two 45-minute sessions each week with a Music Therapist.
2. Listening to Music you choose on a portable player at your leisure.
3. Listening to Poetry/Stories you want on a portable player at your leisure.
4. Business-as-usual: You go about your usual daily activities.

If you or anyone you know *might* be interested in participating, please: call us at **(604) 827-3074** OR email us at devcogneuro@gmail.com

Contacting us in NO way commits you to participate. And, if you decide to participate, you can choose to stop participating at any time.

This project is entitled: "Possible Benefits of Familiar Music or Familiar Poetry and/or Stories for Adults Experiencing Some Cognitive Decline."

It's directed by Prof. Adele Diamond in the Dept. of Psychiatry at UBC, in collaboration with Dr. Susan Summers and Dr. Carolyn Kenny.

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