

GOLDSTER★

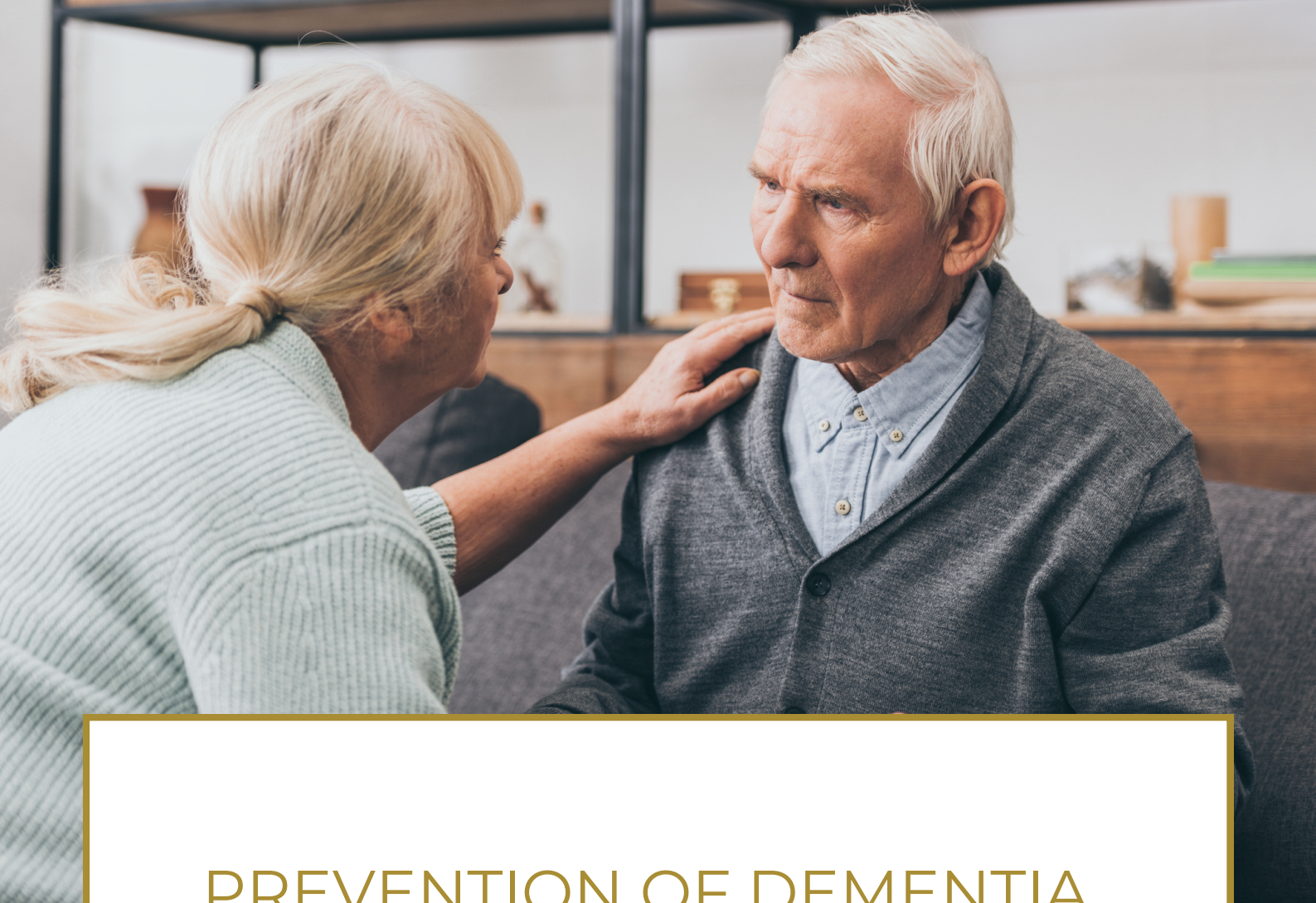
UNIVERSITY of TASMANIA

WICKING 

Dementia Research and Education Centre

PREVENTING DEMENTIA





PREVENTION OF DEMENTIA

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OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

PREVENTING DEMENTIA MASSIVE OPEN ONLINE COURSE (MOOC)

ABOUT THE COURSE

This course has been developed and taught by the Wicking Dementia Centre and has been tailored to educate allied health professionals, clinicians, aged care service providers and health policy professionals through to everyday citizens and family members.

Dementia has a profound impact on individuals, families and communities, and the number of people with dementia worldwide increases yearly as our global population ages.



ITS NEVER TO LATE TO REDUCE YOUR RISK

The impacts of dementia, including loss of physical and cognitive capacity, are felt community-wide. The latest research estimates that up to 40% of dementia cases may be preventable by attending to potentially modifiable risk factors. The Preventing Dementia MOOC draws on the latest scientific evidence, as well as the expertise of leading global experts in dementia research and education, to outline and discuss the key risk factors for dementia. Participants will hear from expert neuroscientists, clinicians and epidemiologists as they outline ways people may be able to reduce their risk. Myths and controversies will be discussed, and participants will also have an opportunity to participate in new research in this area.

THE MOOC

Preventing Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest research in dementia risk and protective factors. The free course provides an opportunity to engage with the perspectives of a global community without requiring exams or assignments.

With the aging of the world's population, dementia is a major public health issue. Is it possible to modify your risk of dementia? A substantial proportion of risk is associated with advanced aging as well as genetic risk factors, but the latest research has indicated there are factors you can modify which may decrease your susceptibility to dementia. The Preventing Dementia MOOC investigates the best available evidence about dementia prevention, drawing on a range of expertise from around the globe.

Preventing Dementia is suited to everyone - whether you are an individual with an interest in brain health and/or dementia risk reduction, or an allied health professional, clinician, aged care service provider, or health policy professional - this course is designed to be accessible and appealing to people from diverse backgrounds.

To obtain the most from this course, participants should expect to spend approximately 2 hours per week engaging with the content and completing related course activities. The 4 weeks of scheduled content is released weekly and is accessible across as long time as needed, providing time to catch up on (or review), content. After successfully completing the final quiz, participants will be eligible to download a certificate of completion.

Over the last 7 years, Care Visions Healthy Ageing and Goldster have worked closely at not just improving academia and knowledge around non-drug approaches to dementia but also pioneering the awareness of dementia and its preventable risk factors in new regions around the world. As part of this partnership, the Preventing Dementia MOOC is now available to Goldster as the only UK platform to be able to run this course, while also combining the benefits coaching by a leading UK health coach.

THE MOOC

Course Outline

Module 1 – Can Dementia Be Prevented?

- Key concepts in dementia prevention
- Definition of dementia and introduction to the diseases that cause dementia
- The impact of dementia across the globe
- The major non-modifiable and modifiable risk factors for dementia
- The impact of genetics on dementia risk
- How dementia risk is measured at individual and population levels

Module 2 – Dementia Risk - It's Not All in Your Head

- Evidence supporting links between key vascular risk factors and dementia
- The impact of physical activity and diet on dementia risk
- The impact of smoking and alcohol on dementia risk

Module 3 – A Healthy and Active Mind

- Evidence supporting links between key lifestyle factors and risk of dementia
- Impact of depression on dementia risk
- Impact of education on dementia risk
- Concept of cognitive reserve

Module 4 – Interventions for Prevention

- Key strategies for prevention at the individual and population level
- Encouraging healthy behaviours
- What you can do to reduce your risk of dementia
- Current research initiatives in dementia prevention

The Preventing Dementia MOOC link through to the platform will only be available on the Goldster website once you are a member.

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A substantial proportion of risk is associated with advanced ageing as well as genetic risk factors, but the latest research has indicated there are factors you can modify which may decrease your susceptibility to dementia.

The Preventing Dementia MOOC investigates the best available evidence about dementia prevention, drawing on a range of expertise from around the globe. The Goldster coaching will provide a forum to further learn and support you through this journey

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

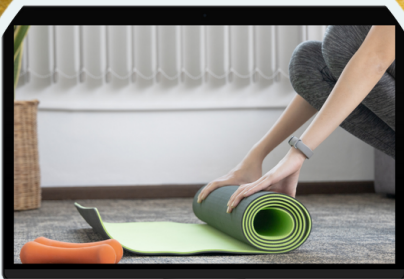
We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.



"When we do it together, we feel better together"

Week 1 - Nutrition and Dementia Prevention

Susan will introduce the MOOC course and also discuss the importance of good nutrition for brain health.

Week 2 - Physical Activity and Dementia Prevention

Susan will talk through any questions you have from the MOOC course and discuss the role of physical exercise in reducing dementia risk

Week 3 - Sleep and Dementia Prevention

Susan will talk through any questions you have from the MOOC course and discuss how important sleep is to brain health

Week 4 - Stress and Dementia Prevention

Susan will talk through any questions you have from the MOOC course and talk about the debilitating impact of stress on brain health

Week 5 - Brain Stimulation and Dementia Prevention

Susan will talk through any questions you have from the MOOC course and discuss how we can keep our brains wiring and firing as we age

Week 6 - Our environment and dementia prevention

Susan will help you wrap up everything you've learned from the MOOC course and share how you can optimise your environment to help prevent dementia

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Susan Saunders

Health Coach, Writer and TV Producer

Susan Saunders is a health coach and author. She's spent the last decade researching how to age well and is co-author of the best-selling book *The Age-Well Project*, and author of *The Age-Well Plan: The 6-Week Programme to Kickstart a Longer, Healthier, Happier Life*. Susan spent 12 years caring for her mum, who had severe dementia. As a teenager, she'd watched her mum going through the same thing with her mother.

Susan's spent years studying scientific data on healthy ageing, qualifying as an advanced health coach with the prestigious Institute of Integrative Nutrition in New York. She's one of the first people in the UK to qualify as a dementia prevention coach with American neuroscientist Dr Dale Bredesen, author of *The End of Alzheimer's*. She now coaches people around the world to reduce their dementia risk.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

