



PROJECT BRIEF

Rhythm and Timing Exercises for Elders

PARTNERSHIPS
for NATIVE HEALTH

Washington State University

BACKGROUND:

American Indians have disproportionately high rates of cerebrovascular disease, which affects cognition, attention, memory, and other aspects of brain function. Interactive Metronome (IM) therapy is a computer-based system that uses a steady beat to recondition an elder's brain. It addresses aspects of brain function that are impaired by cerebrovascular disease. Elders do simple motor tasks in time to the beat – such as clapping or toe tapping – and receive instant feedback on how well they match the beat.

OBJECTIVES:

We aim to:

- 1) Determine whether IM improves cognitive functioning in American Indian elders, and
- 2) Estimate the effect of IM exercises on health-related quality of life in elders.

IM is a promising method for delivering culturally appropriate therapy for American Indian elders. If successful, it can help to reduce disparities in cerebrovascular disease and cognitive function.

FUNDING AGENCY: National Institute on Aging

PROJECT NAME: Rhythm and Timing Exercises for Cerebral Vascular Disease in American Indians (R01AG049084)

PROJECT YEARS: 2015-2019

PARTNER: University of New Mexico

PRINCIPAL INVESTIGATOR: Steven Verney; **PROJECT LEADER:** Lonnie Nelson

PROJECT CONTACT:

Name: Emma Strick

Phone: (206) 708-8667

Email: emma.strick@wsu.edu

For updates and announcements visit:

www.p4nh.org and sign up for our listserv.

Our Mission

Conduct community-centered research, training, education, and outreach to improve the health and quality of life of American Indian and Alaska Native populations