



Evaluating a Digital Memory Notebook Intervention to Improve Independence and Quality of Life

Your participation is needed! With your help we can gain a better understanding of how smart home technology can be paired with a digital memory notebook to support functional independence and improve quality of life.

Purpose: To improve independence of individuals experiencing memory difficulties by training use of a digital memory notebook

Who we need:

- Individuals aged 40+, who have memory difficulties
- Do not meet criteria for dementia
- Speak fluent English

Tasks involved if you participated:

- Complete cognitive testing at the beginning and end of the study.
- Completion of questionnaires once a month for the duration of the study (for a total of 6 questionnaires).
- Participants will attend 5 to 6 training sessions across 4 weeks to learn to use a digital memory notebook. Participants will then continue to use the digital memory notebook continuously for four months.
- Some participants will be randomly assigned to have a smart home installed in their homes for 5 months.

Individual benefits: an honorarium of up to \$200 in cash, a neuropsychological report about your cognitive and physical health relative to others of your same age, and learning to use a memory aid.

For more information, please contact: (509) 335 – 4033

Principal investigator: Dr. Maureen Schmitter-Edgecombe, Ph.D., Professor, Department of Psychology, WSU; (509) 335-0170. This project has been reviewed and approved by the Washington State University Institutional Review Board.