

# WHAT WE OFFER YOUR PATIENTS & WHAT IS INVOLVED IN PARTICIPATION



*All evaluations and consultations are provided at NO CHARGE to our research participants and some clinical trials may compensate participants for travel expenses.*

## LONGITUDINAL RESEARCH

**Description:** All of our participants receive annual neurologic and physical exams with a thorough battery of psychometric testing and the opportunity to participate in a brain autopsy program. Social work consultation is available as needed. Participants will receive written feedback about their annual performance and about any observed changes from year-to-year.

**Time/procedures involved:** Participants will be evaluated annually in two separate appointments (~6 hr. appt. for nursing and psychometric evaluation and ~1 hr. appt. for neurologic exam), with lunch being provided on the day of the longer appointment.

## HISPANIC LONGITUDINAL RESEARCH

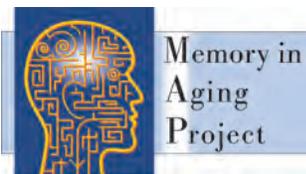
**Description:** Our staff is comprised of Hispanic, bilingual/bicultural persons who can provide all components of the longitudinal research study in either English or Spanish. Social work consultations are provided in either English or Spanish as needed.

**Time/procedures involved:** Participants will be asked to schedule an annual appointment of approximately 5-6 hours duration, consisting of nursing and psychometric evaluations. Lunch will be provided to participants during the full day assessment.

## MEMORY IN AGING PROJECT

**Description:** We offer a brief assessment for individuals with memory concerns who are uncertain if changes are normal or if further evaluation might be helpful.

**Time/procedures involved:** Participants are interviewed by telephone to determine eligibility for a one-hour, in-person cognitive assessment. Participants may then be invited to enroll in the longitudinal research study. All potential participants will receive written feedback about their performance on the cognitive assessments.



**LOCATION:** Most research visits take place at the Shiley-Marcos ADRC in La Jolla. Individuals in the Hispanic program who live in South Bay may have the option of scheduling their visits at our satellite office located at the Chula Vista Family Clinic. This option is dependent upon demand and the availability of space and staff resources.



**Shiley-Marcos Alzheimer's Disease Research Center**

# WHAT WE OFFER YOUR PATIENTS & WHAT IS INVOLVED IN PARTICIPATION (Continued)



## CLINICAL DRUG TRIALS

**Description:** Many of our studies investigate treatments designed to improve thinking and daily functioning. We are also studying ways to slow decline or delay the onset of AD. Shiley-Marcos ADRC participants may be among the first to benefit from promising new treatments.

**Time/procedures involved:** Time commitment will vary from study-to-study. Most AD trials run between one and two years and involve regular study visits with cognitive testing, lab work, EKGs, brief physical exams, and some imaging. Potential participants will be matched to the trials that are most appropriate to their individual needs, interests, and availability. Most clinical drug trials are placebo controlled; however, studies vary in the likelihood of receiving active drug. Patients' prescription medication upon entry into research trials can most often remain unchanged, if desired.

## RELATED MEMORY RESEARCH

**Description:** Shiley-Marcos ADRC participants are also given the opportunity to participate in a wide range of studies that examine various aspects of memory and cognition in aging. Some of these studies involve imaging, genetic testing, biomarker analysis, and/or paper and pencil assessment. These studies are conducted by ADRC affiliated investigators from interdisciplinary fields, and explore topics such as cognitive and biological prediction of risk for dementia, sensory perception in AD, the role of stress in disease progression, and the experiences of caregivers of persons with AD.

**Time/procedures involved:** Time commitment, procedures, and participation location will vary from study-to-study.

## EDUCATIONAL OUTREACH

**Description:** All participants receive education about AD, advances in the field, and a wide array of related topics via numerous ADRC publications, presentations, and events. Two ADRC newsletters (*Currents & Perspectives*) are disseminated quarterly to our participants. Each year, the ADRC hosts two Open House events. These events are an opportunity for ADRC researchers and clinicians to give brief research update presentations to educate program participants and their families about the progress being made in AD research. In addition, the ADRC hosts the 'Annual Hispanic Caregiver Conference' in South Bay.

## SOCIAL WORK AND SUPPORT SERVICES

**Description:** We have two social workers on staff who are available to meet with families to provide referrals to community resources as well as counseling services in English and Spanish.



# WHAT WE OFFER YOUR PATIENTS & WHAT IS INVOLVED IN PARTICIPATION (Continued)



## QUALITY OF LIFE PROGRAMS

**Description:** The Shiley-Marcos ADRC sponsors several Quality-of-Life programs that are designed to support the dignity, well-being, and coping abilities of persons with memory loss and their families. Four programs are offered as opportunities for mental, creative, and social stimulation for persons with memory loss and their families. There is no obligation to participate in research when enrolling in any of these programs. Pre-registration is required for all programs.

**Contact Lisa Snyder, LCSW at (858) 622-5800 for more information or to register.**

### Out & About

*An Outings Program for People  
with Alzheimer's*

Out and About is an outings program for people with early to moderate stage Alzheimer's. It is offered 4 times a year and provides an 8-week series of weekly 4-5 hour outings to interesting destinations around San Diego.

### Memories at the Museum

San Diego Museum of Art docents guide visitors with memory loss through the museum's painting and sculpture exhibits. A separate simultaneous tour is provided for an accompanying family member or friend. Tours are free of charge for persons with mild-to-moderate stage Alzheimer's and their caregivers.

### EARLY STAGE SUPPORT

The Early Stage Support Group is a weekly support group at the Shiley-Marcos ADRC for participants with early-to-moderate stage Alzheimer's. There is a concurrent caregiver support group. The group is facilitated by an ADRC social worker and neuropsychologist.

### THE YOUNGER CAREGIVER SUPPORT GROUP

Monthly support group for caregivers under the age of 60. It is designed to address the unique circumstances that younger caregivers face as they juggle career, family, economic, and social challenges. It is facilitated by our Shiley-Marcos ADRC social workers.

