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## Centre for Healthy Brain Ageing (CHeBA) Sydney Centenarian Study

### Are you 95 years or older? Do you know someone 95 or older?

Researchers at the Centre for Healthy Brain Ageing at the University of New South Wales (UNSW Sydney) are seeking volunteer research participants aged 95 and above to help us discover the secrets to long life.

#### Would the research project be a good fit for me?

The study might be a good fit for you if:

- You live in Sydney and are aged 95 years or above
- You are interested in helping researchers explore the factors that contribute to long life and the maintenance of health at older ages

It doesn't matter if you have memory or mobility difficulties, we are interested in meeting all people aged 95 or more.

#### What would happen if I took part in the research project?

If you decide to take part you will be invited to do the following:

- Answer questions about your history, health, diet, memory and lifestyle
- Participate in a short physical examination (e.g. height, weight, blood pressure)
- Provide a blood sample (optional)
- Some participants may be invited to undergo a brain scan (optional)

The study normally involves two separate interviews, each approximately 90-120 minutes in length.

You do not need to participate in all aspects of the project if you don't want to and interviews can be shortened or tailored to suit you if necessary.

#### Will I be paid to take part in the research project?

Participants will be offered a \$50 Coles-Myer gift card to thank them for giving up their time.

#### Who do I contact if I want more information or want to take part in the study?

If you are interested in participating or if you would like more information, please contact:

**Dr Catherine Browning, Study Coordinator**

**Telephone:** (02) 9382 0433

**Website:** [www.cheba.unsw.edu.au](http://www.cheba.unsw.edu.au)