

Help Support Research on Memory and Aging

The Oregon Center for Aging & Technology (ORCATECH) team recently launched a new study led by Lyndsey Miller, Ph.D., RN, an ORCATECH investigator and Assistant Professor at the OHSU School of Nursing. The study, called RSELVES (Remote Sensing Of (Older Adult Partners') Engagement In Life And Variability In Everyday Support), examines if having a daily routine similar or different to your partner's impacts health and how one ages. ORCATECH has partnered with ORPRN to provide recruitment support.

We aim to enroll 100 couples in the study over the course of this year. Couples must be at least 62 years of age or older and one partner must report memory concerns and/or have a family history of Alzheimer's disease or other health factors. Our study team has several bilingual research team members, and we are eager to invite both English and Spanish-speaking couples.

We are excited to reach individuals not typically involved in research because this helps us learn more about our diverse community here in Oregon and improves our understanding of the intersection of culture, relationships, and functional status among diverse older adults. **Please reach out to our study team at [971-254-7932](tel:971-254-7932) if you are interested in learning more about this study opportunity.**

The RSELVES study will utilize emailed, weekly surveys and in-home technologies (like a smartwatch and small motion sensors) to detect physical activity in the home. Forty percent of RSELVES participants invited will be from the Hispanic/Latino community in the Portland Metro area.

The RSELVES study will help us better understand early signs of functional decline among older adult couples. Furthermore, we hope study results will illuminate ways for older adults to stay at home longer.

Some of the reasons couples participate is that there is no travel, no change in their routine, and no work on their part to set up any of the technology. It is a great way to learn more and stay engaged in research that will help the next generation.

If you are interested in participating or know anyone who might be interested, please reach out to our study team at [971-254-7932](tel:971-254-7932).