

This is to certify that

Stephanie Ann Houghton

has successfully completed all modules of the

PREVENTING DEMENTIA 2018

Massive Open Online Course (MOOC)



Professor James Vickers

Director

Wicking Dementia Research and Education Centre

Oct 2018

8 CPD Hours

Certification that Stephanie Ann Houghton has completed the Preventing Dementia MOOC from the Wicking Centre, University of Tasmania, between October & November 2018

**MODULE 1: CAN DEMENTIA BE PREVENTED?
(2 HOURS)**

- Definition of dementia, prevention and risk
- The major factors that influence the number of individuals affected by dementia
- The potential global impact of addressing modifiable risk factors for dementia
- Research methods that are used to study dementia risk in populations
- The key non-modifiable and modifiable risk factors for dementia
- How dementia risk can be measured at individual and population levels

**MODULE 2: DEMENTIA RISK - IT'S NOT ALL IN YOUR
HEAD (2 HOURS)**

- The relationship between vascular function and brain health
- The evidence supporting links between vascular risk factors and dementia risk, particularly diabetes
- The evidence supporting links between lifestyle factors and dementia risk - physical activity, diet, smoking and alcohol
- Dementia risk in the media and understanding the evidence

**MODULE 3: A HEALTHY AND ACTIVE MIND
(2 HOURS)**

- The association between social engagement and dementia risk
- The impact of education and other cognitively stimulating activities on dementia risk
- The relationship between depression and dementia risk
- Cognitive reserve – the theory explaining the beneficial effects of engagement in complex cognitive activities on dementia risk

**MODULE 4: INTERVENTIONS FOR PREVENTION
(2 HOURS)**

- Barriers and enablers to people changing their behaviour to reduce their risk of dementia
- Key strategies for dementia prevention at individual and population levels
- New frontiers in dementia prevention research
- Practical strategies for personal dementia risk reduction

Certificate No:

18469

