

UNIVERSITY of TASMANIA

**WICKING** 

Dementia Research and Education Centre

# Preventing Dementia MOOC\*

Study our free online short course



 Community members,  
Simmons Park, Lindisfarne, Hobart.

# Preventing Dementia

Duration – 4 weeks

Estimated effort – 2 hours per week

Cost – Free

Available on your computer, tablet or phone 24/7

## ABOUT THIS COURSE

Dementia is now a leading cause of death worldwide, with risk reduction more important than ever. It's never too early or too late to do something good for your brain and reduce your risk.

This course developed and taught by the **Wicking Dementia Centre**, is suited to everyone – whether you are an individual with an interest in brain health and/or dementia risk reduction, or an allied health professional, clinician, aged care service provider or health policy professional.

Dementia has a profound impact on individuals, families and communities, and the number of people with dementia across the world increases every year as our global population ages.

It's now one of the most significant health, social and economic issues of the 21st century.

The impacts of dementia, including loss of physical and cognitive capacity, are felt community wide. The latest research estimates that up to 40% of dementia cases may be preventable by attending to potentially modifiable risk factors.

The Preventing Dementia MOOC draws on the latest scientific evidence, as well as the expertise of leading global experts in dementia research and education to outline and discuss the key risk factors for dementia. You'll hear from expert neuroscientists, clinicians and epidemiologists as they outline ways you may be able to reduce your risk.

Myths and controversies will be discussed, and you'll also have an opportunity to participate in new research in this area.

Knowledge is the key to understanding prevention.



Learn from home at your own pace with no exams or assignments



Examine the evidence and reduce your risk of dementia



**Free** online short course taught by the **Wicking Dementia Centre**.

## COURSE OUTLINE:

**1.**

### Can dementia be prevented?

Learn about key concepts in dementia prevention, as well as how we study dementia risk in populations, and the major modifiable and non-modifiable risk factors.

**2.**

### Dementia risk: it's not all in your head

Examine the evidence supporting links between dementia risk and key vascular and medical risk factors, such as diabetes and physical activity.

**3.**

### A healthy and active mind

Learn about the impact of education and depression on dementia risk, and how we can build 'cognitive reserve' to resist the effects of diseases that cause dementia.

**4.**

### Interventions for prevention

Key strategies for prevention at the individual and population level are examined. New research initiatives that may impact on dementia risk are also explored.

For more information or to enrol, visit [mooc.utas.edu.au](https://mooc.utas.edu.au)