



UNIVERSITY of
TASMANIA

WICKING

Dementia Research
and Education Centre

Preventing Dementia

**FREE Massive Open
Online Course (MOOC)**



Enrol today
mooc.utas.edu.au



Preventing Dementia

FREE Massive Open Online Course (MOOC)

- Cost**
FREE
- Study method**
Fully online
- Duration**
4 weeks
- Estimated effort**
2 hours per week
- Accessibility**
Available on your computer, tablet or phone, 24/7
- Enrolments**
mooc.utas.edu.au

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

This course 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.

Examine the evidence – reduce your risk

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. Dementia is 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 one third of dementia cases may be preventable by attending to potentially modifiable risk factors.

What is involved?

Learn from home, at your own pace, without exams or assignments. Engage over 4 weeks with a community of participants from across the globe. Each week a new module is opened.

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 will 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. You will also have an opportunity to participate in new research in this area, and to undertake a personal risk assessment.

Knowledge is the key to understanding prevention.

What is a MOOC?

MOOC is an acronym for Massive Open Online Course. MOOCs offer free online learning, with institutions such as the University of Tasmania sharing their expertise and knowledge in an open environment that is accessible to any and all interested parties.

The people behind the MOOC

The Wicking Dementia Research and Education Centre is a global leader in dementia research and education, with a mission to transform the understanding of dementia and risk reduction worldwide and to enable positive change in dementia prevention and care.

It combines quality research in the themes of Care, Cause and Prevention of dementia, with advanced online learning technologies, to achieve its purpose of addressing the global impact of dementia. In addition to the Preventing Dementia MOOC, the Wicking Dementia Centre offers the Understanding Dementia MOOC and award courses from Diploma to Master level.

The Wicking Dementia Centre was established with core funding from the J.O. and J.R. Wicking Trust (Equity Trustees) and is located at the University of Tasmania.

LEARN MORE

To find out more and to enrol visit mooc.utas.edu.au

-  pd.mooc@utas.edu.au
-  PreventingDementia

utas.edu.au/wicking

Preventing Dementia 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 links between key lifestyle factors and risk of dementia; 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 explored.