

**Latest  
research**

**Maximise  
your  
memory**

**Better  
brain  
health**

**Why do  
we age?**



**SAT**  
24 May

Centre for Healthy Brain Ageing  
presents a **FREE** Public Forum

Sir John Clancy Auditorium  
UNSW, Kensington, 1pm - 4pm

**BETTER BRAIN. BETTER LIFE.**

**Why do we Age?**

Professor Perminder Sachdev AM

**Maximising Your Memory**

Dr Nicole Kochan

**Merits of Brain Training**

Dr Adith Mohan

**Staying Stable - the Study of Falls**

Dr Kim Delbaere

**The Illusion of Normal**

Dr Belinda Goodenough

**Brain Research Making a World of Difference**

Professor Henry Brodaty AO

Welcome address and  
guest performance from  
entertainer and CHeBA  
Ambassador, PJ Lane



**Bookings essential**  
**cheba@unsw.edu.au** or  
**02 9385 0434**

## Professor Perminder Sachdev AM



Perminder Sachdev is Scientia Professor of Neuropsychiatry, Co-Director of the Centre for Healthy Brain Ageing (CHeBA) in the School of Psychiatry, UNSW Australia and Clinical Director of the Neuropsychiatric Institute (NPI) at the Prince of Wales Hospital, Sydney. He is the Chief Medical Advisor to Alzheimer's Australia and is a former

President of the International Neuropsychiatric Association and President of the International College of Geriatric Psychoneuropharmacology. He has broad research interests, with a major focus on dementia and cognitive ageing, drug-induced movement disorders, neuroimaging and brain stimulation. He has published over 350 peer-reviewed journal papers and 5 books.

**WHY DO WE AGE:** Ageing is associated with reduced vitality, decreasing fertility and increasing mortality. Why does it occur and does it have an evolutionary purpose? Is it a result of the 'normal' wear and tear of living? There is no simple answer. Ageing as we generally know it is not universal, as some species do not show age-associated increase in mortality or decline in fertility. Professor Sachdev, a world-leader in the biology of ageing, will explore some of the evidence for the different theories of ageing of the cell and the whole organism, and speculate on whether we can one day conquer the ageing process.

## Dr Nicole Kochan



Dr Nicole Kochan is an NHMRC Early Career Research Fellow at CHeBA, and a Clinical Neuropsychologist with more than 15 years clinical experience in neurocognitive disorders in older adults. Her research interests include the early identification of Alzheimer's disease and other dementias through sensitive neuropsychological measures, computerised tests and functional magnetic resonance imaging. Dr Kochan leads the neuropsychological arm of

CHeBA's Sydney Memory & Ageing Study.

**MAXIMISING YOUR MEMORY:** Having trouble remembering names? You are not alone! Many recall issues are unrelated to progressive cognitive decline and can easily be improved upon through the use of memory strategies. In this talk Dr Kochan gives you the tools to maximise your memory, and showcases the latest research coming out of CHeBA's Sydney Memory & Ageing Study to reduce risk of 'Mild Cognitive Impairment' and dementia.

## Dr Adith Mohan



Dr Adith Mohan is a neuropsychiatrist based at the Prince of Wales hospital, where he has a clinical role, including working with patients with memory disorders. He is also a Research Fellow with the Centre for Healthy Brain Ageing (CHeBA) and his research interests include the study of brain stimulation therapies for psychiatric and movement disorders.

**MERITS OF BRAIN TRAINING:** While there are many normal memory changes that occur as we age, mild memory problems should not be ignored just as 'signs of ageing'. In this talk, Dr Mohan will introduce you to a world-first study at CHeBA looking at whether computerised brain training, combined with mild brain stimulation, may be effective in improving memory and delaying the onset of dementia.

## Professor Henry Brodaty AO



Henry Brodaty is Scientia Professor of Ageing and Mental Health and Co-Director of the Centre for Healthy Brain Ageing (CHeBA) in the School of Psychiatry, UNSW Australia. He is the Montefiore Chair of Healthy Brain Ageing, Director of the Dementia Collaborative Research Centre – Assessment and Better Care (DCRC-ABC).

He is a senior psychogeriatrician in Aged Care Psychiatry and Head of the Memory Disorders Clinic at Prince of Wales Hospital in Sydney, as well as President of the International Psychogeriatric Association. Professor Brodaty has been the recipient of a number of awards and is a member of key national and state committees for dementia and the mental health of older people. He has over 380 peer-reviewed journal papers and has co-written 10 books.

**BRAIN RESEARCH MAKING A WORLD OF DIFFERENCE :** There aren't many researchers as inspiring as CHeBA's Co-Director Professor Henry Brodaty. In this talk he highlights the rich source of information and potential for local and international collaboration with scientists and clinicians that has been generated through CHeBA's Sydney Memory & Ageing Study. With fascinating research discoveries including the relationship between high blood sugar and brain health, new protein markers that may identify early stages of Alzheimer's disease, and using the latest MRI technology to look at brain changes, CHeBA's research really is making the world of difference to the future of age-related brain disorders.

## Dr Kim Delbaere



Dr Kim Delbaere is an NHMRC Research Fellow at NeuRA and a senior lecturer at UNSW Australia. She is a leading international researcher in the area of falls in older people. Her research has enhanced the understanding between falls and various physiological, psychological and cognitive factors. Dr Delbaere envisions a future where older adults can stay independent for longer using recent technological advances. Some of her research uses data collected from

CHeBA's Sydney Memory & Ageing Study.

**STAYING STABLE – THE STUDY OF FALLS:** Falls are very common in older adults and account for 60% of all injuries in this population. Good balance and cognitive functioning are both very important to avoid falls and to stay well on your feet. This talk will present on the state-of-the-art SureStep exercise program, which trains people to take accurate and appropriately timed steps using a dance mat linked to the home's television.

## Dr Belinda Goodenough



Dr Belinda Goodenough is Manager of the Knowledge Translation Program, Dementia Collaborative Research Centres, Australia. She holds a PhD in the behavioural sciences (visual perception), and has worked in a variety of public health settings. Her current interests are supporting evidence-based practice and applied health research.

**THE ILLUSION OF NORMAL:** As we unravel the mystery of the brain, and how to look after its health, there are some brain-related phenomena that seem weird.....yet are normal and everyday experiences (for most!). This short and enlightening presentation will increase your wonderment about the brain and showcase the visual system and "optical illusions".

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