

Ageing Well Tool

The **Ageing Well Tool** measures common mental disorders and risk factors for dementia, including cardiovascular risk, depression, anxiety, and social isolation. This involves a self-help patient booklet and tracking health and wellbeing for 12 months with access to full reports and recommendations after the 12-month survey.

Recruitment Target: 30 patients complete baseline measurement in 3-6 months (1-2 patients per week).

ELIGIBILITY CRITERIA

- ✓ 60-70 years of age with a life expectancy of 5+ years
 - Exclude patients with a significant medical condition who don't have capacity to engage in recommendations over the next 12 months.
- ✓ Normal cognition
 - Exclude patients with mild cognitive impairment or dementia.
- ✓ Community dwelling
 - Exclude aged care.
- ✓ Able to read and write in English at a sufficient level (for consent)

RECRUITMENT PROCESS STEPS

1. GP/practice identifies patients eligible for screening (see eligibility criteria).
2. Pass patient details to your practice manager/administrator to introduce the study, manage the booking, and get informed consent from patients. Sarah Hatem informs the practice when the patient completes the consent form.
3. **BASELINE ASSESSMENT: 30 minutes before appointment or online at home**, patient completes the online survey on a tablet/home device.
4. GP/practice nurse completes 5 medical questions at the end of the online survey on the tablet. HbA1c and cholesterol data are needed.
 - ✓ You can use existing data within ≤ 12 months for baseline or ± 2 months for the 6- and 12-month follow-up. However, for the 6-month measurement, if you believe nothing has changed, you can carry forward measurements from the baseline survey.
 - ✓ You can resume the Ageing Well Tool survey using the Participant's Study ID after getting bloodwork.
 - ✓ You then provide the patient with self-help resources to reduce dementia risk.
5. Sarah Hatem tracks patient timeline and informs practice when 6- and 12-month follow-up appointments are needed.
7. **FOLLOW-UP ASSESSMENTS:** Patient risks re-measured on the online survey in 6 and 12 months.
 - ✓ At 12 months, full risk factor results are visible on the tablet for all measurement timepoints, as well as being emailed through to your practice manager/administrator.
 - ✓ Your practice manager/administrator attaches the emailed report to the patient's record.
 - ✓ GP/practice nurse discusses results with the patient and makes recommendations as appropriate, gives the patient a recommendations handout, and records recommendations in survey software.
8. Practices will receive a one-off \$100 payment per patient. There are also CPD opportunities. Patients receive a one-off \$50 payment at the completion of the study.