

A Study of

# PEACEOFMND

## Physical Exercise And Cognitive Engagement Outcomes For Mild Neurocognitive Disorder

*A wellness program for people living with mild cognitive impairment and a support partner.*

### The PEACEOFMND Program

PEACEOFMND is a study being conducted jointly by the University of Florida (UF), Mayo Clinic, and Tallahassee Memorial Healthcare to investigate the impact of behavioral interventions on brain function, thinking skills, and well-being in individuals living with Mild Cognitive Impairment (MCI). The study will use components of the larger clinical HABIT Healthy Action to Benefit Independence & Thinking<sup>®</sup> program.\* A support partner is required to complete the program with the participant.

Over the two weeks of the PEACEOFMND study training, participants will engage daily in individual memory compensation training as well as group supportive therapy. In addition, participants will be randomly assigned to 1 of 3 program components:

- Yoga
- Computer brain fitness
- Wellness education

These sessions are delivered by a caring, multidisciplinary team including psychologists, education specialists, social workers, cognitive interventionists and exercise specialists. Participants will continue to engage at home in yoga, computer brain fitness, or wellness techniques for six months after the initial 2 week program. Participants will visit UF in Gainesville to complete an MRI and cognitive measures before the program and six months later to look at the impact of these interventions on the brain, thinking skills, and well-being.

### Who May Benefit

People with a recent diagnosis of Mild Cognitive Impairment (MCI), also called Mild Neurocognitive Disorder (MND) can benefit. The diagnosis may be due to Alzheimer's disease, Lewy Body disease, vascular disease, or frontotemporal dementia or other causes. The partners (spouse, partner, sibling, adult child or good friend) also may learn and experience benefit.

\*HABIT Healthy Action to Benefit Independence & Thinking<sup>®</sup> was developed at Mayo Clinic and is a trademark owned by Mayo Foundation for Medical Education and Research.

## Specific Goals of the Study

This study will examine the contribution of the components of the PEACEOFMND program to:

- Engagement in yoga or cognitive exercise
- Cognitive function
- Use of a daily memory compensation tool
- Quality of life
- Independence in function
- Wellness (or Healthy lifestyle)
- Self-efficacy (i.e., confidence)
- Psychological well-being
- Physical conditioning, balance, and/or flexibility
- Brain function on MRI

## The PEACEOFMND Experience

Wellness is more than just good memory. In the PEACEOFMND program, a wellness experience will be offered that encompasses emotional balance, supportive relationships, the ability to face change, and a sense of understanding one's situation and what may lie ahead.

## Eligibility

The most important criteria to participate in the PEACEOFMND program are listed below.

The person with MCI must:

- Be diagnosed with amnesic MCI or Mild Neurocognitive Disorder, as confirmed by our criteria
- Be at least 50 years of age
- Have no MRI contraindications
- Have a "care-partner" that is willing to participate in the full program (such as a spouse, child or a good friend)

The care-partner must be:

- Be at least 21 years of age
- Have no cognitive impairment, as confirmed by our criteria

Not sure if you're eligible? Contact us for more information

## How much does the study cost? Does insurance cover this program?

Insurance is billed for the Memory Compensation Training and Group Supportive Therapy.

Medicare and many private insurance companies often cover the cost of these two components, but you may be responsible for deductibles or co-pays. When participating in the full, 5 component HABIT Healthy Action to Benefit Independence and Thinking® program,\* there is typically an out of pocket program fee that will be paid for by study funding in the PEACEOFMND study. In addition, participants will receive two MRI scans at no cost to give to their health care providers if they wish.

### For more information call:

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Florida**

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**850-431-5037**

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**904-953-8853**