

## Research Study: Promoting Brain Health for People with Developmental Disabilities

### Looking for ways to keep your brain healthy and strong?

You are invited to take part in a research study, to promote the brain health of older Canadian adults with intellectual and/or developmental disabilities and their families.

*Research entitled: Promoting brain health: A national capacity building project for aging adults with intellectual or developmental disabilities, family caregivers and service providers*

### WHO CAN BE IN THIS STUDY?

- You are 40 years of age or older with an intellectual and/or developmental disability
- You are living in Canada
- You have internet access and a computer or phone

### WHAT WOULD I DO IN THE STUDY?

- Come to a 6-week online course to learn about brain health
- Be interviewed 3 times by a researcher before the course, at the end of the course, and 14 weeks after the course is over
- Get a gift card for participating in the study

### HOW CAN I GET INVOLVED?

- Fill out this form <https://redcap.link/9uja13v6>
- If you would like help to fill out the form, please contact us; information provided below

### CONTACT US

- **Email:** [brainhealthIDD@camh.ca](mailto:brainhealthIDD@camh.ca)
- **Phone:** 437-328-6761

