

Volunteering and Health Study: Does volunteering in the community benefit older adults' cognitive functioning?

ACTRN12617000264381

Status RECRUITING
Sponsor Dr Liana Machado
Enrollment 200 participants

Plain Language Summary

This study is testing whether volunteering in the community for at least 2 hours a week can improve thinking and memory skills in older adults. Half of the participants will be matched with a local volunteering agency, while the other half will continue their normal lifestyle. Thinking skills will be measured before and after the 6-month trial.

You may be eligible if:

- You are between 65 and 75 years of age
- You are retired and have not been in paid employment for at least 6 months
- You have volunteered less than once a month over the past year

You may NOT be eligible if:

- You have been diagnosed with dementia or another neurological condition
- You are not able to get around independently
- You do not have normal or corrected-to-normal vision

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (3)

- Aged between 65 and 75 years
- Retired (not in part- or full-time paid employment) for at least 6 months
- Have volunteered less often than once a month in the past year

Exclusion (3)

- Diagnosis of dementia or other neurological conditions
- Insufficient mobility to get around independently
- Do not have normal or corrected-to-normal vision

Locations (1 total)

Otago, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000264381>

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