



Improving quality of life, achieving healthy ageing and creating quality aged care services all depend on research.



# What type of studies could I take part in?

StepUp for Ageing Research supports researchers across the spectrum of ageing and aged care related studies, from improving quality of life to how to provide the best care.

Because we work across the breadth of research topics, our volunteers can take part in a wide variety of studies including:

- Surveys about quality of life, health care, aged care services, age discrimination, social support or accommodation, which may inform policy and decision making
- Longitudinal follow-up studies, genetic and brain imaging studies to identify risk factors, biomarkers and possible drug targets for certain health conditions
- Intervention studies, where a behavioural change such as diet, socialising or exercise is introduced and research is conducted on whether this improves outcomes
- Drug and clinical trials to determine the effectiveness of certain treatments



[www.stepupforageingresearch.org.au](http://www.stepupforageingresearch.org.au)



Take part in Ageing Research



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☎ 1800-7837-123

## Welcome to StepUp for Ageing Research

StepUp for Ageing Research is a service for people interested in participating in ageing and aged care research within Australia.

It's free, and anyone aged 18 and over can sign up. If you match with the criteria for one of the studies registered with the service, we will connect you with a researcher to find out more about participating in their study.

Ageing population is linked to medical, social, economic, cultural, and public policy challenges. By supporting Australia's brightest research minds, you become part of a community working together to promote positive ageing, reduce age discrimination, improve quality of life and care services, to power a breakthrough tomorrow.

If you take part in a study, you will know you are contributing to future insights into ageing and its associated diseases, as well as early diagnosis, better treatment, and quality of care. You may get to meet other people who share your experience: who are older people or carers themselves. Or you may simply find the process an interesting and valuable way to spend your time.

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**Ageing is a critical risk factor for a variety of human pathologies, such as dementia, cancer, heart and cardiovascular diseases.**

# Why support Ageing Researchers?

By 2050, around one quarter of all Australians will be aged 65 years and over. As the number of older people in Australia continues to grow, there is an increasing priority in supporting their health and wellbeing.

StepUp for Ageing Research is a sister program of StepUp for Dementia Research, the first systematic way for researchers to recruit participants in Australia and we need your help.

While the service is free to use, we understand that we are asking you to give your time. This valuable gift is one made to your own and future generations.

You are also helping accelerate the process of discovering more about ageing. For researchers, delays in finding the right people can result in studies taking longer to deliver, often requiring funding extensions. Insufficient study samples limit the effectiveness and scope of research – the difficulty researchers face when it comes to recruiting participants directly impacts their capacity for robust analysis and the generalisation of findings.

**Contact us to find out more!**

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## How does it work?

StepUp for Ageing Research connects people who want to participate in ageing-related research with researchers looking to recruit participants for their studies.

**Step 1**

### Register online or by phone/post

Our software matches participants who have the relevant characteristics (age, health conditions etc), with researchers looking for those characteristics in their study participants.

Registration takes 5-15 minutes. It does not commit you to taking part in research. It is simply an indication that you might be interested in doing so in the future.

**Step 2**

### Receive your info pack

After completing registration, you will receive general StepUp for Ageing Research information, details on how to update your information and what will happen next.

**Step 3**

### Make a match

If the information you have provided indicates to a researcher that you'd be the right fit for their study, they will contact you to tell you a little more about the study. You can then decide your preferred next steps.