



**UNSW**  
SYDNEY



## Optimising ageing with a focus on cognitive decline and dementia risk reduction

**Applying world-leading research expertise in psychology, epidemiology, and psychological interventions to investigate the causes, consequences and prevention of cognitive decline, dementia, and common mental disorders in an ageing population. Evaluating interventions to improve older driver safety.**

### Competitive advantage

- Top calibre research laboratory as recognised by the award of a prestigious ARC Laureate Fellowship
- Integration of psychology, epidemiology, and population health
- Multi-disciplinary team working on interventions, online tools, cohort studies and knowledge translation

### Impact

- Developing evidence to inform intervention and policy development in key areas of ageing
- Development and validation of risk tools for dementia, and risk reduction interventions
- Addressing ageism in society and working to promote optimal ageing

### Successful outcomes

- Advising on international policy and knowledge products such as the WHO Guidelines on Risk Reduction for Cognitive Decline and Dementia, the StaySharp platform for the American Association of Retired Persons and the Global Council on Brain Health publications.
- Developed older driver safety assessment screening tools and interventions to reduce on-road errors
- Expert advisor to national research programs and schemes, such as the Dementia, Ageing and Aged Care Mission

### Capabilities and facilities

- Longitudinal studies of adulthood
- Embedded in leading research institutes and centres (NeuRA, ARC Centre for Excellence in Population Ageing Research, UNSW Ageing Futures Institute)
- Methods and facilities for older driver research including on-road and off-road
- Team of post-doctoral researchers with diverse expertise (cognition, human development, neuroimaging, sensory deficits, physical activity, healthy aging)

### Our partners

### More Information

Laureate Professor Kaarin Anstey

Director, UNSW Ageing Futures Institute

UNSW School of Psychology

T: +61 (0) 2 9399 1019

E: [k.anstey@unsw.edu.au](mailto:k.anstey@unsw.edu.au)

UNSW Knowledge Exchange

[knowledge.exchange@unsw.edu.au](mailto:knowledge.exchange@unsw.edu.au)

[www.capabilities.unsw.edu.au](http://www.capabilities.unsw.edu.au)

+61(2) 9385 5008

- Suncorp Australia
- National Seniors Australia
- Lifeline
- Dementia Australia