



UNIVERSITY OF CALIFORNIA, DAVIS MEDICAL CENTER

# Digital app training to promote brain health and everyday memory: **The Digital Memory Notebook**

## Qualifications:

- 60-years-old or older
- Personal concerns regarding memory or thinking ability
- Mild difficulty with memory or thinking ability
- No experience with technology/tablets necessary

If you are interested in participating or would like more information, please contact

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**Purpose:** To train individuals who are at risk for memory and thinking problems to use an application (app) called the Digital Memory Notebook (DMN) to support brain health.

## What will I be asked to do?

- The study involves 6-8 weekly 2-hour individual or group training sessions either at UC Davis Medical Center or remotely through telehealth.
- Following the training period, you will be asked to continue to use the DMN app on your own for an additional 4-weeks, resulting in a 12-14 week total commitment.
- An iPad will be provided to you for the study duration.
- The study will measure your experience using the app.
- If you like using the app, you can download it to your own tablet for free after the study is complete.