

CONTACT US

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

Diana Ramirez on
0490 966 264 or
psych.strokeresearch@monash.edu

*Smartphones have
the potential to
improve your
performance in
everyday activities*

IMPROVING SMARTPHONE USE AFTER STROKE



MONASH
University

MEMORY DIFFICULTIES AFTER STROKE

Over half of survivors of stroke experience memory problems, such as forgetting names, appointments, and conversations, which can negatively impact on everyday life.

The use of memory aids such as calendars, alarms and notes can be very helpful. These include smartphones apps, which research has shown to be promising tools for helping to remember things in daily life.

Unfortunately, many people find it challenging to learn how to use a new smartphone or a new app due to their memory difficulties.



TRAINING

This research project will compare different methods for teaching people how to use new apps in their smartphones.

If you have had a stroke, are currently experiencing memory difficulties, have a smartphone and would like to feel more confident using it, we invite you to participate in this study.

The benefits of engaging in this study may include becoming more capable with your smartphone and learning new apps that could support your memory in everyday activities, possibly improving your independence.

PARTICIPATION

Being part of our project involves participating in a total of 4 sessions lasting approximately 2 hours each.

In the first session we will complete a number of tasks with you to measure your memory functioning and smartphone use. You will then receive a training session with a provisionally registered psychologist.

After the training, we will see you 2 more times (1 and 6 weeks later) in order to monitor the effects of the training method.

Sessions can be completed at the Monash Psychology Centre in Notting Hill, at the La Trobe Psychology Clinic in Bundoora, or at your home.

