**Transcript**

***Kerryn Pike – Memory raining in people at risk for dementia***

So my research interests are really memory training interventions and currently I am researching memory training in older adults both healthy older adults and also people that are at risk for various forms of dementia and looking at the effectiveness of different techniques, particularly in improving their memory for things such as remembering names and also looking at individual differences that might predict who benefits from the different techniques.

So the key outcomes we are hoping to get out of our research is to determine which memory techniques work and in which situations they are working in and for who they work.

So older people are often very concerned about their memory in the community and want to know different ways that they might be able to help it and so our research really will inform different ways about what techniques are effective for people to improve their memory and which techniques will work for who and what they can apply in their everyday life to try and help improve their memory.