

Title of Study: Health in Aging, Neurodegeneration and Dementias in Ontario (HANDDS-ONT)

Location: Ontario

Study Description:

The Health in Aging, Neurodegenerative Diseases and DementiaS in ONTario (HANDDS-ONT) Study is an observational study that takes place in the comfort of participant's home, with no study visits occurring in a clinic. The study is recruiting people living with and without a neurodegenerative disease (see below) or the effects of stroke. Studying both groups will help ONDRI researchers to:

- 1) understand how the diseases affect different people
- 2) discover ways to potentially detect diseases earlier
- 3) explore ways to help people manage their daily health related behaviours

All data collected will be anonymized and will be stored securely by the Ontario Brain Institute.

What Will Happen During the Study?

Participant data is collected virtually through wearables – small sensors worn on the wrist, ankle and chest -- for 7-10 days, as participants go about their daily activities. Data is also collected from assessment questionnaires regarding cognitive health, mood, and quality of life. Blood samples are collected to understand how one's genetic makeup could provide for earlier detection of some conditions, and for analysis of certain risk factors. Combining the information from the sensors (walking patterns, sleep, heart rate/rhythm, etc.), the questionnaires and the blood samples will allow researchers to understand participants' day to day challenges in aging while living with or without a neurodegenerative condition.

Participants receive a personalized health and activity report, describing sleep and activity during the time the wearable sensors are worn. This information may help participants better understand and manage some aspects of their overall health and it can be shared with their circle of care.

The study team is seeking participant evaluation of the personalized report. This feedback is highly valued and will be considered for future study report designs.

[Animated Protocol Video](#)

Eligibility: Who Can Participate?

To participate in HANDDS-ONT you must be:

- At least 18 years of age
- A resident of Ontario, and
- Must fall under one of the below categories:
 - A) Living with a neurodegenerative disease such as:

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- Alzheimer's Disease/Mild Cognitive Impairment
- Parkinson's Disease
- Amyotrophic Lateral Sclerosis
- Frontotemporal Dementia
- B) Living with the effects of a stroke, or
- C) Living independently with no diagnosis of a neurodegenerative disease

Recruitment Start Date: September 14, 2021

Recruitment End Date: March 10, 2023

Contact Information

Contact: Study Coordinator

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