



**Carers  
Victoria**  
Supporting Family Carers



## Want to contribute to research that aims to improve mood and wellbeing for people aged 55 or over?

We need help with a project that involves older adults and takes place at home

The National Ageing Research Institute (NARI), together with Carers Victoria, are undertaking a study that aims to improve mood and wellbeing for people over the age of 55.

The IMPACCT study will explore the effectiveness of a home-based physical activity program, social support, or usual care on reducing symptoms of depression.

Physical exercises will be personalised and suitable for any level of ability, and your participation will help increase understanding of how to best support health and wellbeing for older adults.

This study has been approved by the Melbourne Health Human Research Ethics Committee.

Project funded by the National Health and Medical Research Council.  
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The people in the photo are models and this photo is used for illustrative purposes only.

**You can help us with the IMPACCT study if you:**

- ✓ are 55 years of age or over,
- ✓ are living with someone else who is aged 60 years or over who has a health condition or a disability
- ✓ Are experiencing low mood or symptoms of depression
- ✓ live within Metropolitan Melbourne, Ballarat or Geelong regions

To participate or find out more contact Edwina McCarthy at NARI



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