



## What is the I-StiM Study?

**I-StiM stands for Individualized Stimulation to improve Mobility.**

## What are the study goals?

- ◆ Determine if personalized, non-invasive brain stimulation (*tDCS*) improves balance, walking and memory in older adults who have fallen
- ◆ Learn new ways to prevent falls in older adults



## Who can participate in this study?

Older adults, age 65-85, who have experienced two or more falls within the past year, and who fear they may fall again.

## What is involved if I take part in the I-StiM study?

Participation includes 27 visits over 8 months:

- ◆ Eligibility screening visit
- ◆ Study Assessments: Health interviews, memory, walking and balance testing
- ◆ Two MRI scans
- ◆ Non-invasive brain stimulation: (*tDCS*) 20-minute sessions, one per day over four weeks: Mon-Fri
- ◆ Monthly calendars: supplied to you to track any falls

*The research team is available to provide regular follow up throughout the study.*

## Benefits

Past studies have shown promise in using non-invasive brain stimulation as a tool to improve stability in walking as well as to enhance memory and thinking.

Your participation may advance our understanding of *tDCS* for these purposes.



## Compensation

Participation is paid, up to \$510. Parking is free and, if needed, transportation can be provided.



**Are you age 65-85 and had two or more falls in the past year?**

**Do you fear you will fall again?**

You're not alone ...

- ◆ 30 to 40% of older adults fall each year
- ◆ 10% of these falls will result in a serious injury



## Why use tDCS?

*Transcranial direct current stimulation (tDCS):*

- ◆ sends *safe, non-invasive* low level currents to your brain through your scalp;
- ◆ may improve balance and walking in older adults during everyday activities

# I- StIM Study

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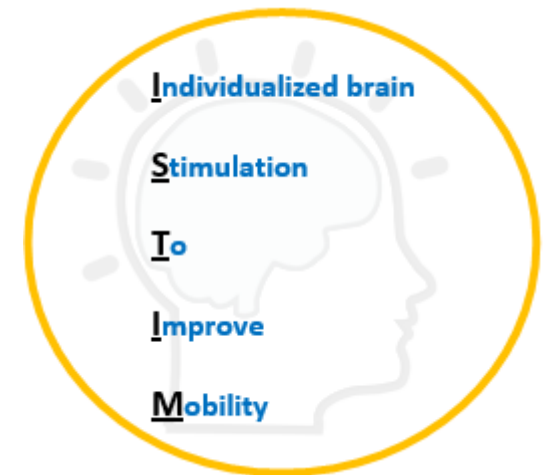
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# The I-StiM Study



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