

the health of older adults. Objective: to describe the patterns of alcohol use in a sample of older adults and explore a number of cognitive variables associated with higher levels of consumption. Method: Four hundred and forty three older (aged over 60) adults were asked about their alcohol use, mental and physical health, their motivations for drinking and their expectations about the effects of alcohol. Results: preliminary analysis indicates that 68.4% drank alcohol and of these 29% consumed alcohol quantities that placed them "at-risk" of long-term harm (more than 2 drinks per day) and 25% participated in binge drinking within the past 12 months. Higher levels of use were significantly associated with higher depressive and anxiety symptoms, as well as drinking to cope with negative affect. Further analysis is currently underway. Conclusions: the implications of these findings for (alcohol-related) health education and service planning will be discussed.

Cognitive reserve in rural and urban older Canadians: Evidence using a cognitive screening measure

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Studies have shown conflicting results as to whether or not increased years of education provide a buffer against cognitive changes associated with normal ageing. Several factors have been shown to affect the likelihood of any given set of data demonstrating the existence of an effect of cognitive reserve, including gender, level of cognitive functioning, and the cognitive function being measured. Here we compare scores on the Modified Mini-Mental State (3MS; Teng & Chui, 1987) for rural and urban older Canadians from the Canadian Study of Health and Aging (CSHA). The original community sample of 10,263 people 65 years of age and over was tested three times at five-year intervals. Mean age at time 1 was 76.5 years ($SD = 7.52$). Analysis using linear mixed model analysis of variance on 3MS screening scores showed significant main effects for time, education, age, and rural-urban differences with significant interactions for the nonlinear effect for time and both education and the rural-urban difference. More education seemed to have an effect in this large, representative community sample, with those living in small rural communities scoring lower at the first two test occasions.

Transitioning Spaced Retrieval training to care staff in an Australian residential aged care setting for older adults with dementia: A case study approach

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A case-study approach was used to determine the effectiveness of transitioning the Spaced Retrieval (SR) intervention to aged care facility staff to maintain resident goals achieved, with a further exploratory goal to investigate the effectiveness of training two functional goals simultaneously. Frequency, severity, distress and disturbance caused by targeted problem behaviours were recorded at baseline, post-intervention and three-week follow-up for six clients with dementia in an aged care facility. Reductions in each area were found for four participants, including where two goals were trained simultaneously. Staff believed that barriers to transitioning SR pre-intervention would be staff time pressure, turnover and forgetting as barriers to maintenance. Despite this, the research shows that SR can be used successfully in aged care facilities to train single- and dual- functional goals and can be transitioned to staff, thereby reducing problem behaviour associated with dementia.

The impact of cognitive flexibility on cognitive restructuring skill acquisition in older adults.

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There is evidence to suggest that cognitive behavioural therapy (CBT) is effective with older adults, however, the effectiveness may be less than with younger adults. Cognitive flexibility is one aspect of executive functioning that may be important when considering older adults' ability to engage in CBT elements such as cognitive restructuring. Cognitive flexibility includes the ability to produce diverse ideas, consider response alternatives, and modify behaviours to manage changing circumstances. These processes appear to represent abilities important for the successful implementation of cognitive restructuring where individuals are required to dismantle negative automatic thoughts, generate evidence that supports and refutes them and subsequently generate alternative thoughts. The present study