

# Get ready for your Telephone Research Visit



Thank you for being a research participant with the Alzheimer's Disease Research Center and for agreeing to complete a research visit over the telephone. One of the ways we can ensure the information collected over the phone is comparable to information collected in person is by preparing your physical environment for the visit. Below are some tips to help you get ready for your telephone research visit.

## Prepare your phone

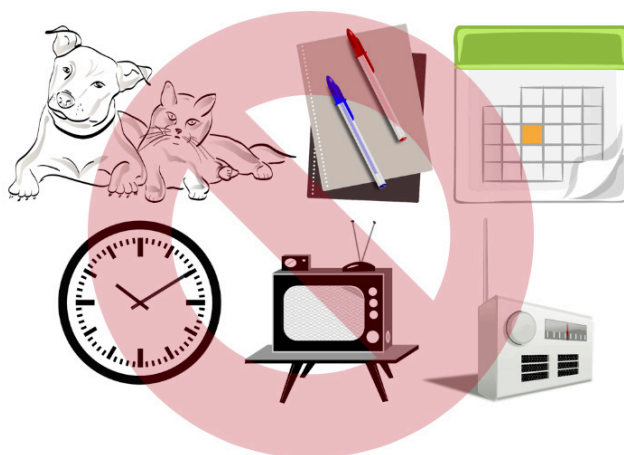
- If you are using a cordless or cell phone, please make sure it is fully charged. You might want to have a charging cable handy.
- For comfort, use headphones or the speakerphone function.

## Prepare your environment

- Find a quiet place where no one can distract you.
- Take care of your pet before the visit.
- Remove pens, papers, or calculators.
- Remove or cover calendars, newspapers, clocks, or watches.
- Turn off TVs, computers, laptops, and radios.

## Prepare yourself

- Please wear your hearing aid(s).
- Use the bathroom.
- Get a drink of water.
- Eat a light snack.



## A note on the use of memory aids

It is very important that we administer memory and thinking tests to all participants in the same way. If the information isn't collected in a standardized way, the conclusions we draw may be incorrect or may mislead us and other researchers who are trying to find effective treatments for memory problems and Alzheimer's disease. One way to standardize tests is to exclude participant use of memory aids. An example of a memory aid is writing down words instead of relying on memory. To protect the quality of the information gathered, we rely on participants to perform the tasks to the best of their abilities without the use of memory aids. Thank you for working with us to protect the quality of the information being collected.

