

This is to certify that

Alexandra Thompson

has successfully completed all modules of the

**PREVENTING
DEMENTIA 2026**

Massive Open Online Course (MOOC)



Professor James Vickers

Director

Wicking Dementia Research and Education Centre

March 2026

8 Recommended CPD Hours

Certification that Alexandra Thompson has completed the Preventing Dementia MOOC from the Wicking Dementia Centre, University of Tasmania, in March 2026

MODULE 1: CAN DEMENTIA BE PREVENTED? (2 HOURS)

- Definition of dementia, prevention and risk
- Major factors that influence the number of individuals affected by dementia
- The potential global impact of addressing modifiable risk factors for dementia
- Research methods that are used to study dementia risk in populations
- Key non-modifiable and modifiable risk factors for dementia
- How dementia risk can be measured at individual and population levels
- Dementia risk in the media and understanding the evidence

MODULE 2: DEMENTIA RISK - IT'S NOT ALL IN YOUR HEAD (2 HOURS)

- The relationship between cardiovascular function and brain health
- Links between cardiovascular risk factors and dementia risk
- Links between lifestyle factors and dementia risk
- Links between the environment and dementia risk
- Impact of biological and sensory factors on dementia risk

MODULE 3: A HEALTHY AND ACTIVE MIND (2 HOURS)

- The association between social engagement and dementia risk
- The impact of education and other cognitively stimulating activities on dementia risk
- The relationship between depression and dementia risk
- Cognitive reserve – the theory explaining the beneficial effects of engagement in complex cognitive activities on dementia risk
- Links between events that impact brain health and dementia risk

MODULE 4: INTERVENTIONS FOR PREVENTION (2 HOURS)

- Strategies for dementia prevention at individual and population levels
- Dementia prevention research approaches
- Appraising evidence about dementia risk
- Barriers and enablers to people changing their behaviour to reduce their risk of dementia

Certificate No:

96059

