



THE UNIVERSITY OF
NEW SOUTH WALES



MONASH University



Dear Sir/Madam,

亲爱的女士、先生，

The University of New South Wales, La Trobe University and Monash University are doing a study about what it's like for people with an intellectual disability as they get older. We want to know about what things help someone stay healthy as they get older.

新南威尔士大学、拉筹伯大学以及莫纳什大学正在进行一项关于老龄智障人士的研究，我们希望通过本研究来了解如何帮助他们在老年保持健康。

Being in the study means that a person who knows you well will tell us some things about your health and activities. The person could be a family member or someone who helps care for you.

如果您希望参与这项研究，我们需要您身边的人提供关于您的健康以及活动的信息。这个人可以是家庭成员或者帮助照料您的人士。

After that, we might ask you to meet with one of our team so that they can ask you some questions. You can meet us at our office in Randwick, or at your home. The visit with you will take about 1 ½ hours. If you want to be in the study but don't want to come for the visit, that's OK.

随后，我们可能会邀请您与我们的团队成员见面，这样他们可以向您了解一些问题。您可以选择在我们 Randwick 的工作地点或者您的家里与我们会面。

The other pages that came with this letter tell you more about the study. If you want to know more about the study, or think you might want to be in the study, you can fill out the form called 'Expression of Interest', or get someone to help you fill it out. There is an envelope in this letter so you can send it back to us. You don't have to put a stamp on the envelope.

此信的附页中为您提供了这项研究的介绍。如果希望了解更多，或者直接参与到我们的研究之中，您可以填写、或请人帮助您填写“研究意向书”。这封信中准备了信封，以便您使用它将意向书寄给我们。您不需要额外使用邮票。

If you send us the form, we will call you or the person you ask us to call, to talk about the study. 在您寄回意向书后，我们将电话联系您或您指定的联系人，来谈论这项研究的内容。



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Or, if you want to talk to us first, you can call us on (02) 9385 3993.

如果您希望先与我们联系，请拨打号码：(02) 9385 3993。

Thank you.

感谢您。

Yours sincerely,

此致

敬礼

A/Prof. Julian Trollor.

Julian Trollor 副教授

A handwritten signature in blue ink, reading 'Julian Trollor'.



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Dear Sir/Madam,

亲爱的女士、先生，

The University of New South Wales, La Trobe University and Monash University are doing a study about what it's like for people with an intellectual disability as they get older. We hope to learn about the rates of particular problems such as dementia and physical or mental health problems in people with intellectual disability. We also hope to learn what things may help a person with intellectual disability to remain healthy as they age. Your relative (or the person under your guardianship) was selected as a possible participant in this study because they are over 40 years of age, have an intellectual disability, and live within the Local Government Areas selected for the study. Our research team includes Associate Professor Julian Trollor, Dr. Jennifer Torr, Professor Teresa Iacono, Professor Perminder Sachdev, Professor Henry Brodaty, Dr. Wei Wen, Dr. Elizabeth Evans and other research staff.

新南威尔士大学、拉筹伯大学以及莫纳什大学正在开展一项关于智障人士老龄化的研究。我们希望了解智障人群的一些特定情况，如痴呆，以及其他身体或精神上的健康问题。我们同时希望知道，智障人士在老年阶段保持健康所需要的帮助。您的家人（或者监护人）年龄在 40 岁及以上，存在的智能障碍，并居住在本项研究涵盖的政府行政区域，因此符合参与我们研究的条件。我们的研究团队成员包括：Julian Trollor 副教授、Jennifer Torr 博士、Teresa Iacono 教授、Perminder Sachdev 教授、Henry Brodaty 教授、Wei Wen 博士、Elizabeth Evans 博士及其他研究职员。

The study is divided into two parts. The first part is a set of questionnaires, to be completed by your relative's (or the person under your guardianship's) main carer. Another questionnaire will be sent to the family member most involved in their care (this may be the same person as their main carer, or it may be another person).

这项研究由两部分组成。第一部分为一系列调查问卷，其中部分由智障人士（即您的家人或者监护人）的主要照顾者完成。另一部分问卷由参与照料最多的家庭成员来完成（这位成员与智障人士的主要照顾者可以是同一个人，或分别是不同的人）。

Around half the participants who complete the questionnaires will also be invited to complete the second part of the study, which is optional, but will give us more detailed information. This involves a face-to-face interview with your relative's (or the person under your guardianship's) main carer, along with an assessment for your relative. There will also be an optional blood test for your relative (or the person under your guardianship). A small number of participants with a mild intellectual disability will be invited to have a brain MRI scan. It is possible to be in the study and only complete the questionnaire, and



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likewise, it is possible to complete the questionnaire and the interview and assessment but not the blood test or brain MRI scan.

完成调查问卷的受试者中，大致有一半会被邀请完成此项研究的第二部分。这一部分是选择性的，但能为我们提供更详尽的信息。它包括对您家人（或者监护人）的一次面对面的评测，以及与其照顾者的一次面谈。您的家人（或者监护人）可以选择是否完成一次血液检查。另外，我们会邀请一小部分轻度智能障碍的受试者进行脑部核磁共振（MRI）扫描。您及家人可以选择仅完成第二部分中的问卷调查，同样也可以选择仅完成问卷及面对面访谈，而不进行血液检查和脑扫描。

If you would like further information about the study, or are interested in allowing your relative (or the person under your guardianship) to participate, please complete the expression of interest form. Alternately, you can call us on (02) 9385 3993.

如果希望了解更多信息，或者乐意让您的家人（或监护人）参与我们的研究，请您填写研究意向书，或者拨打电话：(02) 9385 3993。

Thank you.

感谢您的理解与支持。

Yours sincerely,

此致

敬礼

A/Prof. Julian Trollor.

Julian Trollor 副教授