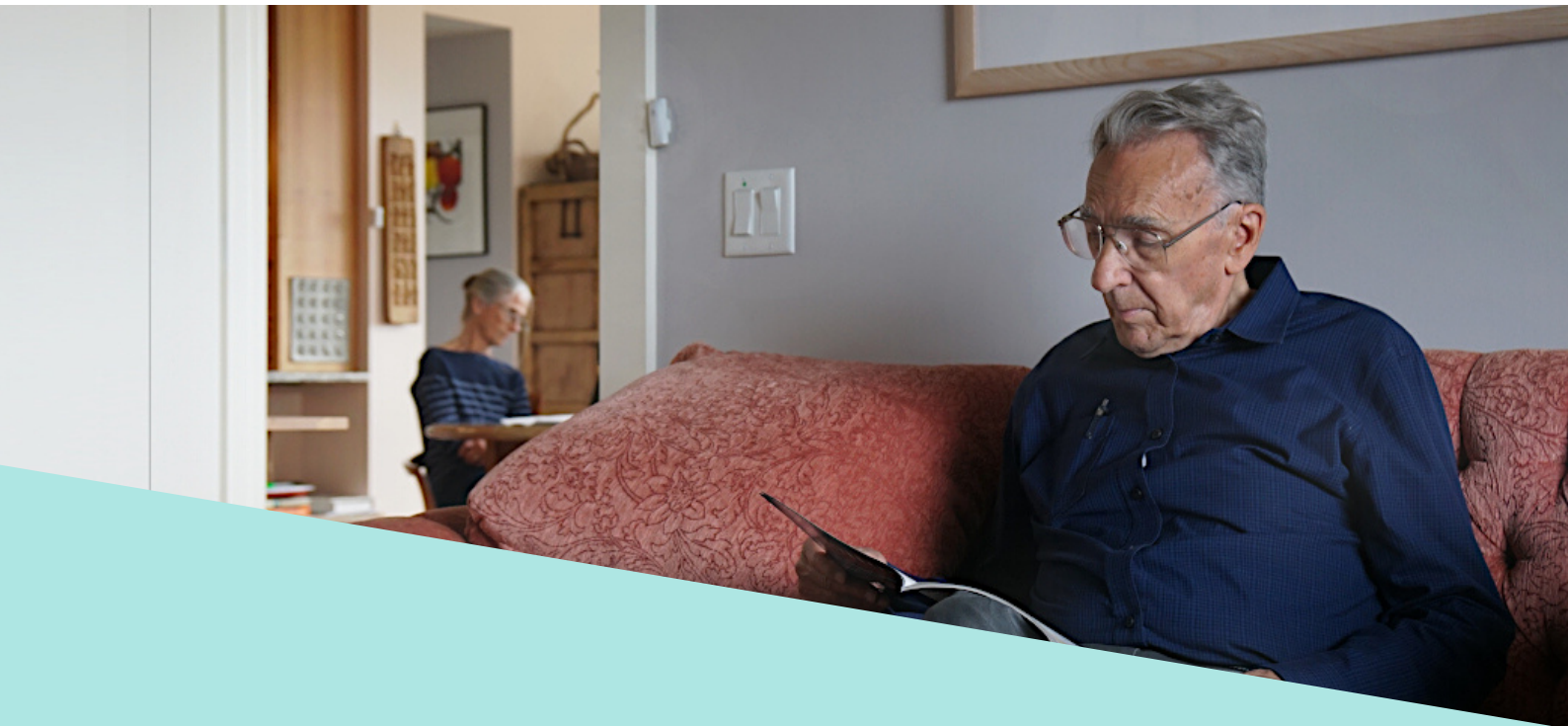


SPRING
2020



THE CART
INITIATIVE

Quarterly
Newsletter



ON THE RIGHT TRACK

As of the end of February, we have enrolled 230 homes nationwide, bringing us close to our goal of 240. We're slowly winding down the Demonstration Project (the second phase of CART) and are expanding the CART technology platform to two international locations: Toulouse, France and Melbourne, Australia.



72
homes

Recruited by
OHSU



70
homes

Recruited by
the VA



61
homes

Recruited by
Rush University



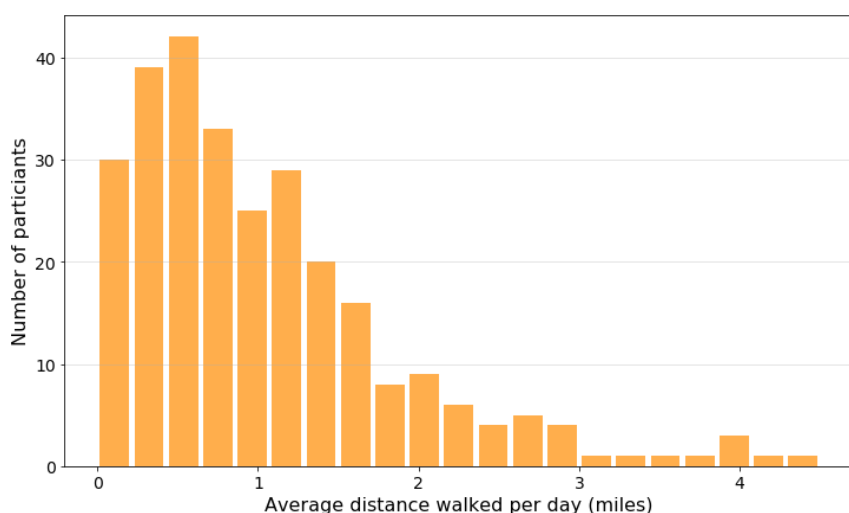
27
homes

Recruited by the
University of Miami

EVER WONDER WHAT YOUR DATA LOOKS LIKE?

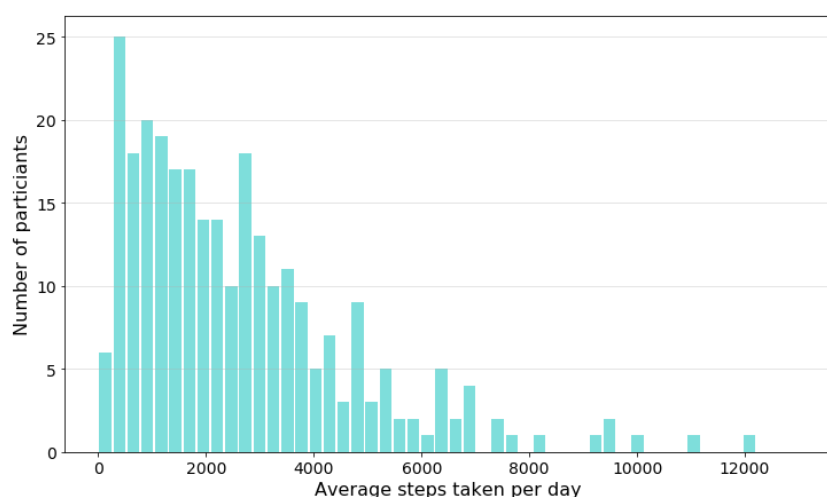


AVERAGE DISTANCE WALKED PER DAY



The watches used in the CART study can measure the distance you've walked each day. This bar graph shows the average number of miles participants, from all four sites, walk each day. On average, CART participants walked 1.02 miles per day.

AVERAGE STEPS TAKEN PER DAY



The watches used in the CART study can also measure how many steps someone takes each day. This bar graph shows the average number of steps participants, from all four sites, took each day. On average, CART participants took 2,697 steps per day.

SHARE YOUR EXPERIENCE

"You weren't kidding, the weekly health forms are simple and short. I've loved being a part of the study and all the folks from the study have been wonderful."

- Anonymous CART participant

A SPECIAL MESSAGE FROM OUR TEAM



In order to minimize the risk of spreading the COVID-19 virus, our team at the CART Initiative is suspending all in-person research visits. Our collaborators at OHSU, the VA, the University of Miami and Rush University are taking proactive measures in order to protect you, our staff and our volunteers. We've implemented the following changes:

- **All in-person research visits have been suspended until further notice.** Ongoing studies will continue. If you are still enrolled in CART, please continue participating in activities that do not require in-person visits. Your study coordinator will be checking their phone and email regularly, so do not hesitate to reach out to them.
- **Online research related activities will continue.** If you are still enrolled in CART, please continue to participate in digital research related activities, such as completing weekly online health surveys.
- **Fixes with the technology platform will be resolved remotely, until further notice.** Our team will resolve issues with the in-home technology platform remotely, if possible. Please continue to contact us with any device issues. Our team will coordinate with research participants to schedule future in-home visits once travel restrictions are lifted.

We encourage you to help prevent the spread of COVID-19 by following safety recommendations. Our partner institutions list updated health and safety guidelines, common questions about COVID-19, and resources for community members.

- [Find information on the OHSU website](#)
- [Find information on the Rush University website](#)
- [Find information on the VA Portland Health Care System website](#)
- [Find information on the University of Miami website](#)

As always, thank you for your commitment to our research. You are a vital part of our community and our mission. We appreciate your support, value your health and encourage you to stay healthy and safe.

QUESTIONS? REACH OUT TO OUR TEAM

OHSU

Contact Jen at 503-928-7292
or marcoej@ohsu.edu

University of Miami

Contact us at 305-355-9200
or coainfo@med.miami.edu

VA

Contact Rachel at 503-494-1329
or rachel.wall@va.gov

Rush University

Contact Charlene at
312-924-7232



TIPS FROM OUR TEAM

A few helpful reminders about the research study.



If you are having any issues with any of the devices - like the watch displaying the wrong time - please call our team. We will try our best to resolve it remotely.



Please continue to use the devices as usual, including scales, watches and pillboxes, and continue filling out the weekly online questionnaires.

RESEARCH RELATED NEWS AND EVENTS

Our team recently promoted CART and presented aging-related research at the **Second Annual South Texas Alzheimer's Conference** in San Antonio in February. **Jeff Kaye, MD**, presented how technology can advance assessments and interventions for dementia.

[Click here to read a news article about CART that ran in the Wall Street Journal](#)

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