

American older adults with dementia. For Caucasians, neither quality of care or social support significantly predicted depression. These findings suggest that mental health professionals should consider ethnic differences when considering the relationship of quality of care and social support on the level of depression in people with dementia.

A LONGITUDINAL STUDY OF COGNITIVE DECLINE AND ITS FACTORS AMONG OLDER KOREANS: LATENT MIXTURE MODEL

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As Alzheimer's disease continues to place enormous burden on both the individuals and society, an identification of the patterns of cognitive change over time receives growing attention. This study identifies a mixture of heterogeneous trajectories of cognitive changes in the population-based longitudinal panel survey. Data came from a four-wave panel survey; Korean Longitudinal Study of Ageing (KLoSA) from 2006 to 2012. A sample of 2,445 is selected; 60 years of age or older who did not show cognitive impairment (i.e., MMSE-K greater than 24) in 2006. Cognitive function was assessed by MMSE-K. The latent growth mixture models (LGMM) were estimated in Mplus 7 to identify heterogeneous groups with cognitive change over time. Two distinct classes of patterns of change in cognitive functions show the best model fit. Class 1 (Stable group) represents 91.5% of the study sample, indicating relatively stable, yet somewhat downward trend over six years as noted by mean scores of MMSE-K (T1 = 26.9, T2 = 25.9, T3 = 24.9, T4 = 25.7). On the other hand, Class 2 (Rapid decline group; 8.5%) shows sharp decline from T1 to T3 (26.3, 20.2, 16.6) and stay around 16.7 at T4. A post-hoc analysis indicates that the rapid decline group were more likely to be female, have lower educational level, have more IADLs, and have lower participation with social activities. Disentangling two heterogeneous patterns of cognitive changes over time among older adults has significant implication for research, practice, and policy for older individuals with Alzheimer's disease and their family.

POTENTIALITIES OF MEMORY CAFÉS IN SUPPORTING PEOPLE WITH DEMENTIA AND THEIR CARERS

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Alzheimer/Memory Cafés recently emerged in several European countries and in North America as an initiative that involves people with dementia, their family/friend carers, and all others interested in dementia, focused in socialization with an educational component. The sessions occur monthly and include a presentation on a different topic alternately with a stimulation/recreation activity, as well as refreshments, in a very informal and café-like atmosphere. The present study gathers evidence from eleven *Cafés* groups developed across Portugal in order to present the impact of this type of intervention in supporting people with dementia and their family members/carers. During the last three years of program implementation, 177 persons with

dementia and 737 family members/carers, as well as 142 persons with memory problems and 272 persons interested on this topic have participated on the 226 *Cafés* sessions that were developed. Qualitative data was collected with a subgroup of family members (N= 50) regarding their opinion on the main benefits of attending sessions to themselves and their relatives with dementia. Main key themes from the analysis, such as dementia-friendly environments, where family can be together with their relatives, other caregivers and persons with dementia socializing in the community, and the potential of *Cafés* for reducing the stigma, obtaining information and discussing the disease openly with other persons (e.g., family, carers, professionals, volunteers) are presented and discussed as important potentialities of this type of support available to people with dementia and their carers.

WHAT DO WE NEED TO KNOW? A CONTENT ANALYSIS OF INTERNET-BASED DEMENTIA RESOURCES

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With the rise and popularity of the Internet, information about virtually any topic is readily accessible to anyone with computer access and a basic understanding of navigating the Internet. Approximately 80 percent of Internet users have used the Internet to search for health-related information. However, not every website on the Internet is monitored or reviewed for accuracy, readability, or usability. While research has investigated the qualities and elements of health education websites, little research has focused specifically on dementia websites. Exploration in this area is critical, as millions of Americans are expected to experience dementia within the coming decades and may seek information predominantly online. In this study, a content analysis was conducted with dementia websites to investigate how the depth of information provided in each website is associated with website rank, reading level, navigability, website domain, and types of dementias mentioned. Websites were coded by two graduate students using a predetermined codebook; inter-rater reliability was calculated. Correlational analyses and a standard multiple regression analysis were conducted on the variables. Results revealed that many dementia websites present information at a reading level too difficult for the average American to comprehend. Furthermore, results demonstrated that websites that are clearly marked and well-organized tend to provide information about multiple types of dementia, which may allow consumers to glean deeper information about dementia and enhance their online learning experience. Future research should strive to investigate full websites rather than initial pages and the extent that each website discusses each type of dementia.

SPATIAL, TEMPORAL, AND VARIABILITY NORMS FROM THE GAITRITE SYSTEM PREDICT MILD COGNITIVE IMPAIRMENT

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