

Global Council on Brain HealthSM

A COLLABORATIVE FROM 

601 E Street, NW Washington, DC 20049

May 6, 2019

Patricia Mesa, M.D.
Coordinator, Intensive Care Unit
Hospital Pasteur
2458 Larravide
11400 Montevideo
Uruguay

Dear Dr. Mesa,

The Global Council on Brain Health invites you to join us as an issue matter expert for our upcoming meeting focused on delirium specifically as it relates to brain health. The Council is an independent collaborative of scientists, physicians, scholars and policy experts convened by AARP-to provide the foremost thinking on what people and professionals can do to maintain and improve brain health. The Global Council on Brain Health was developed with the recognition that as people live longer, the need for clear, trustworthy information on brain health is greater than ever.

We would like you to join a select group of issue experts from around the world on July 31st and August 1st, 2019 in Boston, Massachusetts, USA. There will also be a welcome dinner on July 30th. Our goal for this meeting is to convene a discussion addressing the evidence base surrounding the relationship between delirium and cognitive health for people 50 and older. We hope to offer recommendations and practical tips to help prevent or reduce the impact of delirium resulting from acute medical events, such as surgery or other causes of hospitalization. Please bring a broad perspective to the conversation by considering evidence across your field as well as your research. The meeting will offer an opportunity for free-flowing discussion and you will *not* be asked to prepare a formal presentation. Your work aimed at improving the detection and management of delirium would contribute greatly to our discussion and the report that will follow.

The Council operates as a hub-and-spoke collaborative to address the many factors that can impact brain health. A core group of thirteen experts from around the world comprise “the hub” or governance committee. This group leads issue-matter experts – “the spokes” – in examining areas older adults have told us they want to know more about, including sleep, physical exercise, cognitive engagement, diet, stress levels, socialization, medications and supplements. Dedicated staff supporting the Global Council on Brain Health at AARP will be available throughout this process and will lead efforts to generate written content based on it. The Governance Committee will vet the issue specialist recommendations and finalize consensus for the Council. The term length for issue-matter specialists is six months, and will involve one in-person meeting as well as two conference calls and engagement during the process of preparing a written summary of the recommendations. After completion of this six month term, you will become an emeritus member of the Council.

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The recommendations will be featured and promoted through AARP and Age UK media and communication channels in order to help educate people on what they can do to support their brain health. To achieve that educational goal, the consensus report will translate scientific research into meaningful recommendations for the public that will help them make informed decisions based on the available evidence in the field of delirium research. Therefore, after the meeting concludes, we aim to produce a short summary of the experts' consensus on the state of the scientific knowledge. In addition, we will compile recommendations the group can collectively make for people 50 and older along with any practical tips related to the recommendations. Alongside your attributed work, your biography and other relevant studies will be featured on our Global Council on Brain Health webpage (www.globalcouncilonbrainhealth.org). AARP will reimburse travel costs and provide a modest honorarium for your time to attend this meeting.

Please respond to this invitation by **May 20**. AARP will host a conference call with the members of the selected issue-matter experts in advance of the meeting to introduce experts to one another and key staff members and provide additional background. If you have any questions, please contact me at +1-202-434-2073 or SLock@aarp.org, or Lindsay Chura at LChura@aarp.org at +1-202-702-9164. Thank you for your consideration and I look forward to hearing your response.

Sincerely,



Sarah Lenz Lock

Senior Vice President, AARP Policy, Research and International Affairs

Attached:

Global Council on Brain Health (summary)