

Are you a

Supporting Family Caregivers of Persons Living with Dementia

we want to help

Persons who are actively providing care to a friend or family member who is an older person (65 years or older) with dementia residing in a long term care facility are invited to participate in this study. Your involvement would be greatly appreciated .

We want to find out the best way to support caregivers as they experience significant changes. We want to increase their hope, quality of life and ability to deal with adverse situations. The overall goal of this research is to help caregivers like you.

You will be randomly assigned to one of two ways of supporting caregivers. You will be asked to answer some questions by phone about yourself and the person you care for (i.e. age, relationship to the person receiving your care). You will also be asked about your quality of life, hope, ability to deal with adverse situations, loss and grief, and loneliness. Questions will be asked again by phone after 2 and 4 months. In recognition of your time (approximately 2 hours over 4 months), you will be given a \$20 coffee gift card.

For more information or to participate, please contact **Cheryll Sullivan** at 905-529-7030 ext 214 or email cheryll.sullivan@alzda.ca

 Public Health
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