
Eligibility Criteria

- Caring for a loved one with memory problems, such as dementia, Alzheimer's Disease.
- Providing care to their loved one for a minimum of 15 hrs per week .
- In contact with their loved one at least 5 times a week.
- Living with or in close proximity to their loved one.
- Planning on staying in the area for at least 12 months.

What do I get?

- Financial Compensation for each completed assessment.
- Opportunity to use a Samsung tablet for the duration of the study.

To learn more about this research study and if you are eligible to participate, please contact the University of Miami Miller School of Medicine, Center on Aging



(305) 355-9200



coainfo@med.miami.edu



Caring for the Caregiver Network

University of Miami Miller School of Medicine, Center on Aging



UHealth
UNIVERSITY OF MIAMI HEALTH SYSTEM
Center on Aging

UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE

1695 NW 9th Ave, Suite 3208
Miami, FL 33136

What is Caring for the Caregiver Network?

This is a research study funded by the National Institute of Nursing Research (NINR). It is conducted by the University of Miami Miller School of Medicine, Center on Aging. There is no cost associated with your participation.

Eligible participants will be randomly assigned (like the flip of a coin) to either of below condition/program:

- **Caregiving Condition:** Learn skills and strategies to help you with your caregiving responsibilities.
- **Nutrition/Health Promotion Condition:** Learn skills and strategies to help you stay healthy.

The Goals of the Study are to find out:

- The level of acceptance of a technology-based program for family caregivers of different ethnic groups.
- The extent to which the technology-based customized and individually tailored intervention reduces caregiver stress, and enhances caregiving skills and improves the caregivers well-being.



What do I have to do?

- Remain in the study for 12 months.
- Complete 3 assessments. Each assessment lasts about 3 hours long. One in the beginning of the study, one in 6 months, and the last one in 12 months. The assessments will be in your home.
- Participate in 8 one-on-one sessions with our trained therapists. Each session lasts about 60 minutes and will be done using technology.
- Some of you will have the opportunity to attend 6 support groups with other caregivers.