

Potential Benefits

The research may benefit you directly as you may find it helpful to talk about your experience. The results of the research will also help us find out the best way to help caregivers like you.

Potential Risks

There are minimal risks to participation in this study. It is possible that you may feel distressed talking about your experiences however you are free to stop participating in the study at any time. You do not need to answer any questions you do not want to.

Confidentiality

Your confidentiality will be respected. Information that discloses who you are will not be released.

Contact

If you wish to participate or just learn more about this study, please contact [Cheryll Sullivan](mailto:Cheryll.Sullivan@alzda.ca) at 905-529-7030 or at cheryll.sullivan@alzda.ca

Lead Researchers

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This study has received approval from the Hamilton Integrated Research Ethics Board (Ethics ID: 7659)



Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES



INVITATION TO PARTICIPATE

Are you a *Family Caregiver?*

If you are a caregiver of a family member or friend who has dementia and lives in a long term care facility—we want to help.



Supporting Family Caregivers of Persons Living with Dementia

What is the purpose of this study?

The purpose of this study is to evaluate a new way of supporting family caregivers. We want to know how effective this approach is and how it may influence factors such as hope, quality of life, loss and grief, loneliness and ability to deal with adverse situations. Our overall goal is to help caregivers like you.



What's involved should I agree to participate?

We are inviting 280 caregivers across 4 provinces to take part in this study. You will respond to questions by telephone at 3 separate time points in the study: initially, at 2 months, then 4 months. You will be asked general questions such as your age, and then questions about your quality of life, hope, etc. You will randomly be assigned to one of two different ways of supporting family caregivers. You will not know which group you will be assigned to and at the end of the study you will have the opportunity to receive the approach the other group had and to ask any questions. The total time commitment is approximately 2 hours over a 4 month time period.

