

WHAT IS THIS PURPOSE OF THE CarePRO PROJECT?

- To assist family members caring for a loved one by providing free dementia related education and training workshops designed to reduce caregiver stress, enhance caregiver well-being, and help caregivers manage difficult caregiving situations.
- To gather feedback from individuals about their caregiving experience to continue to improve programs for dementia caregivers.

WHO WILL BE INVOLVED IN THIS PROJECT?

- Approximately 80 men and women residing in Southern Arizona, who report caregiving for a person with dementia or memory loss.
- Project staff from the Alzheimer's Association Desert Southwest Chapter, the Pima Council on Aging, the Department of Economic Security's Division of Aging & Adult Services, and Arizona State University.

WHAT WILL INVOLVEMENT MEAN FOR ME?

- Attending five 2.5 hours workshops to learn strategies to help you handle difficult caregiving situations, reduce caregiver stress, improve mood, and communicate better with others, including your relative with memory problems.
- Participate in five 30-40 minute individual telephone coach calls to review material covered in the workshop and apply it to your own caregiving situation.
- Prior to the first workshop, you will be asked to participate in a 45 minute confidential telephone interview that asks you questions about your caregiving experience, including its impact on your stress levels, mood, and physical health. You will be asked to participate in a similar interview again about 3, 6 and 12 months after your first interviews to help us to continue to improve the program.
- You also will be encouraged to give information about this project to other caregivers of people with dementia.

HOW WILL THIS HELP MY COMMUNITY AND ME?

- Many caregivers appreciate the opportunity to learn new strategies and meet other caregivers. The feedback gathered from speaking with caregivers like you will be used to help improve the quality of caregiving health and education programs.

WHO WILL KNOW THE INFORMATION I GIVE DURING THESE INTERVIEWS?

- Every precaution will be taken to protect your privacy.
- No one will be identified individually in reports or materials developed from the project.

HOW DO I SIGN UP OR GET MORE INFORMATION?

Pima Council on Aging or Alzheimer's Association
520-790-7262 520-322-6601