

CarePRO: Care Partners Reaching Out

Developing the Skills Needed to Care for Someone with Dementia or Memory Loss



- ◆ Are you a family caregiver residing in Nevada that helps care for someone with dementia or memory loss?
- ◆ Do you provide an average of 4 hours of care or supervision per day for that individual?
- ◆ Do you find caring for your loved one increasingly demanding of your time and energy?

**If so, CarePRO may be able to help you.
Through our free workshops, you will learn:**

- **About dementia and its impact**
- **How to manage your frustration, irritation, and stress**
- **How to communicate with your loved one**
- **How to take better care of your own health**

**For more information, please call:
CarePRO Program to assist family caregivers**

**Alzheimer's Association Desert Southwest Chapter
702-248-2770 or 1-800-272-3900**

**Cleveland Clinic Lou Ruvo Center for Brain Health
702-483-6023**

Please see reverse for details

CarePRO:

Developing the Skills Needed to Care for Someone with Dementia or Memory Loss

WHAT IS THIS PROJECT'S PURPOSE?

- 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.

PAYMENT:

- Each participant will be given \$25 for participating in each telephone interview scheduled 3, 6, and 9 months following the original pre-workshop interview.

WHO WILL BE INVOLVED IN THIS PROJECT?

- Approximately 224 men and women residing in Nevada, who report caregiving for a person with dementia or memory loss.
- Project staff from the local Alzheimer's Associations in Nevada, the State of Nevada Aging and Disability Services Division, Cleveland Clinic Lou Ruvo Center for Brain Health, 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.
- Three additional 30-40 minute check-in calls 1, 2 & 6 months after the end of the workshops.
- 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.