

# Are you a *Family Caregiver?*

*If you are a caregiver of an older person with dementia  
living in a long term care facility,  
we want to help*

## Title of the Study:

Supporting Family Caregivers of  
Persons Living with Dementia

## Who can participate?

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

## What do we want to learn from this study?

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.

## What's involved if I participate?

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.

## Questions?

For more information or to participate, please contact **Hannah O'Rourke** toll-free at **1-877-692-5909** or email **[care.support@ualberta.ca](mailto:care.support@ualberta.ca)**

*This study has been approved by the Research  
Ethics Board at the University of Alberta  
(Ethics ID: Pro00090771)*

MT4C-INCARE PHAC Phase 2—Rev Mar 2, 2020



**UNIVERSITY OF ALBERTA**  
**FACULTY OF NURSING**

