The purpose of this research study is to assess an educational program, which aims to help those Latinas that help in the care of a family member/loved one with Alzheimer’s disease or related dementia, to develop health and wellness knowledge and skills. The objective is to offer suggestions and methods to improve the quality of their health and general well-being, which may benefit them and their family.

Judith S. Rocha, LCSW
Principal Investigator
Objective
The purpose of this research study is to assess an educational program, which aims to help those Latinas that help in the care of a family member/loved one with Alzheimer’s disease or related dementia, to develop health and wellness knowledge and skills.

Latinas that help in the care of a family member/loved one with Alzheimer’s disease or related dementia spend much of their energy caring for that person, often ignoring their own health care needs. This program’s objective is to offer suggestions and methods to improve the quality of health and general well-being of these Latinas, which may benefit them and their family.

Frequently Asked Questions

Who can participate?
Latina women who are helping with the care of a family member/loved one with Alzheimer’s disease or related dementia.

What does the program consist of?
After filling out an initial questionnaire, you will meet regularly with two Companions (trained group facilitators) to learn how to maintain a healthy lifestyle while caring for your family member/loved one with Alzheimer’s disease or related dementia and family. The Companions are Latinas that have experience in providing care like you and have received special training on the educational information.

The sessions will be offered as a group. After the sessions with the Companions, you will fill out a second questionnaire and the option to attend one last group where you will share how you felt with the program.

When and where will I meet with the Companion?
You will meet with the Companions once a week for 8 weeks (two-hour sessions, for a total of 16 hours). The Companions will meet the group at a community location.

What are the benefits and risks of participating in the study?
Taking part in this research study may not benefit you personally. We hope that the information learned from this study will benefit other families in the future.

You may feel discomfort or distress when answering the questionnaire if there are questions that may be sensitive to the participant. The sessions with the Companions may include discussion of sensitive issues such as your experience caring for your family member/loved one. You do not have to discuss anything that makes you feel uncomfortable.

Another risk of this research is a loss of privacy or confidentiality. All study staff are trained in the importance of confidentiality to protect you from this risk. Everyone participating in the group will be asked to respect and maintain the information shared in the group private.

Can I withdraw from the study?
You are free to withdraw your consent or permission and discontinue participation at any time without penalty.

How will the study results be used?
If the program is successful, I hope to share the information with organizations that can offer the program in the future to other families. I will share reports with researchers, policy makers, organizations and families.

CoCO

Yes, I am a Latina and I help care for a family member/loved one with Alzheimer’s disease or related dementia and I am interested in participating and receiving more information.

(Mark with a ✓)

Name

Address

City State

Zip Code

(______) ________ - ____________
Phone number during the day

(______) ________ - ____________
Phone number during the evening

Please fill-out this form and contact me for pickup:

Judith S. Rocha, LCSW
Principal Investigator
(773) 580-3302
jrocha2@uic.edu