

## Our Purpose

- We are interested in helping caregivers, of persons with dementia live happier and healthier lives.
- We understand that caring for your loved one can be challenging at times and therefore you might need some help.
- The purpose of our study is to help caregivers cope with the challenges that arise from caring for their loved ones.

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9500 Gilman Drive, Suite 249  
La Jolla, CA 92093-0680

[psychiatry.ucsd.edu/research/alzcare](http://psychiatry.ucsd.edu/research/alzcare)

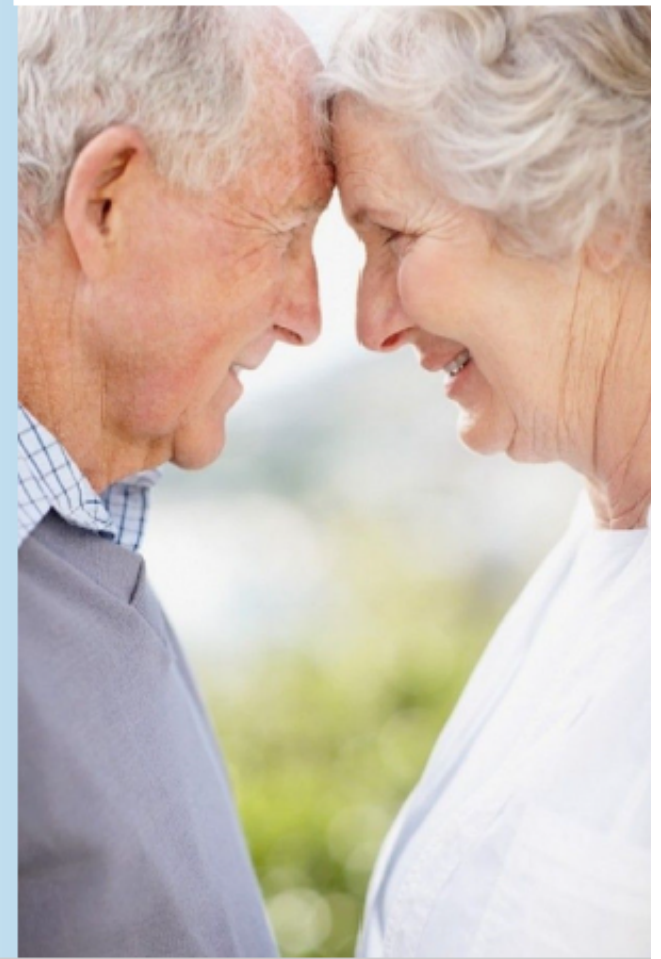
To schedule an appointment please call:

(858) 534-9479



UC San Diego  
SCHOOL OF MEDICINE

*Caregiver Study*





Have you experienced any of the following?

- **Your loved one requires more assistance with personal care.**
- **You find that the time spent and energy caring for your loved one has increased.**
- **Caring for your loved one is taking a toll on your physical and emotional state.**
- **You find yourself increasingly exhausted and irritable.**

If any of these apply - The UC San Diego Caregiver Study may be able to help.

## Our Study

- We are interested in investigating if providing caregivers with coping tools will improve their well-being.
- Our past research has shown that an experimental program may help improve well-being in caregivers.

Thus...

- We have an internet program that will teach you ways to manage your stress.
- You would receive access to tools available at our internet site to help you cope with caregiving
- A coach will help you learn the web tools.
- You could earn up to \$200.

## Eligibility

Here are some general criteria to determine if you qualify:

- You must be caring for a spouse or parent with dementia and you must be living with them
- You must be 40 years or older
- You must be experiencing at least mild emotional distress due to your caregiving

If you meet these criteria and this study is of interest to you please contact our staff at

**(858) 534-9479**

