

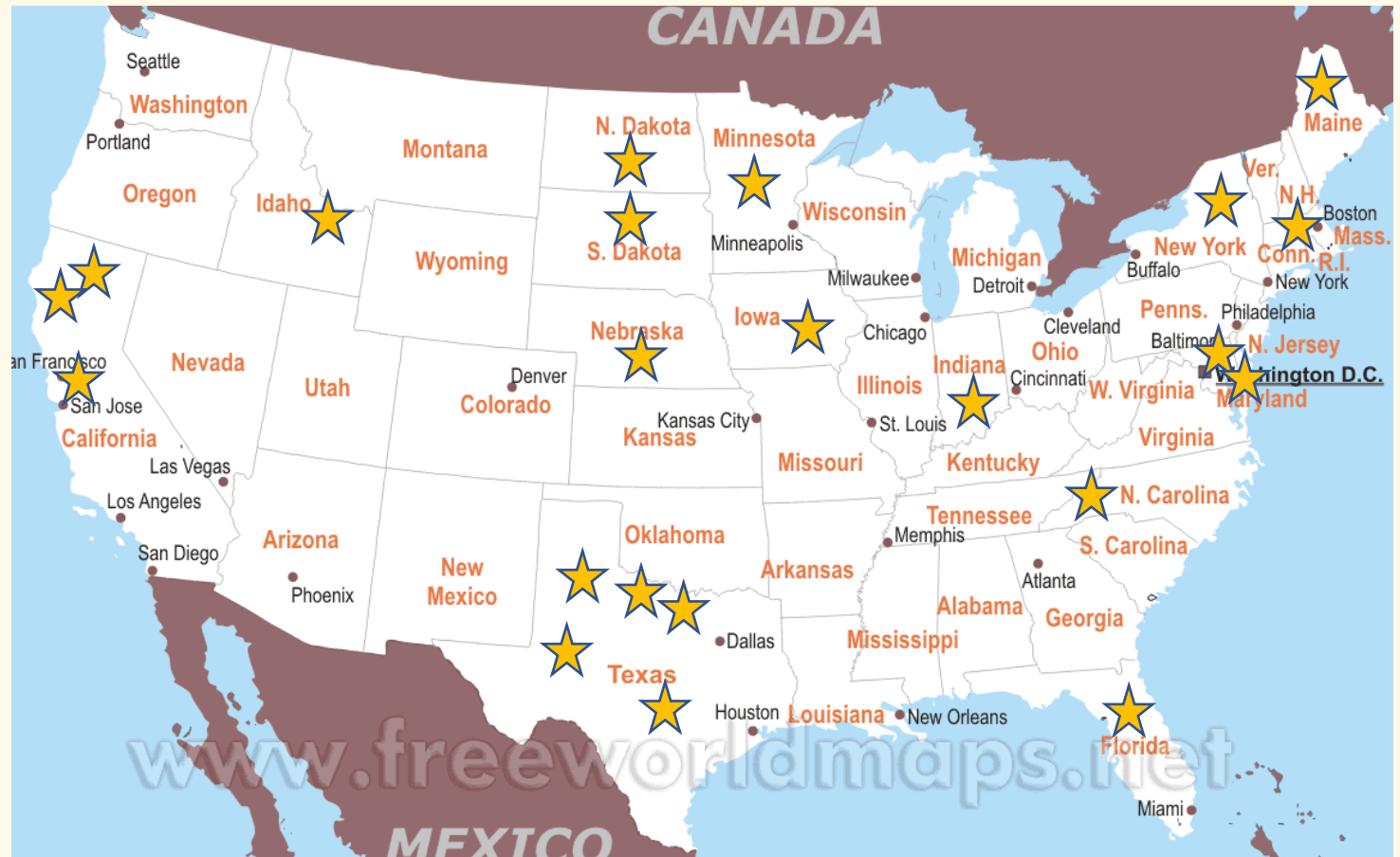
Rural Dementia Caregiver Project



- 5-year project funded by National Institute on Aging
- National collaboration of
 - Researchers
 - UCSF, Stanford, Texas A&M
 - Community based organizations
 - In 14 states - e.g., Area Agencies on Aging, health systems
 - Regional and national entities
 - e.g., National Council on Aging, AARP South Dakota & Maine
- Recruiting through end of 2022
 - Target enrollment is 640 caregivers
 - Currently have 173



- National randomized controlled trial
 - Testing whether 6-week online Building Better Caregivers (BBC) workshop improves caregiver well-being



Rural Dementia Caregiver Project

• **Who is eligible?**

- Adult informal caregivers in US
 - Provide support to family member or friend with memory loss
 - 10 or more hours/week (on average)
 - Live in a rural or farming area
 - Answer “yes” to the question, “Do you live in a rural or farming area?”
 - Can access internet—computer, tablet, or smartphone
 - Does NOT require Zoom/video

• **Who gets the workshop?**

- All caregivers (eventually)
 - Some get it right away
 - Others have to wait—while waiting they get
 - Free dementia caregiver handbook
 - 2 support phone calls from study staff



Building Better Caregivers Workshop

- **What do caregivers do in the workshop?**

- Log on whenever they want, day or night
- Can be anonymous (use self-chosen screen name)
- Interact with and learn from
 - ~25 other caregivers
 - 2 trained peer facilitators
- Learn—in self-paced lessons over 6 weeks
 - Self-management skills—to take better care of selves
 - e.g., stress reduction, problem solving, healthy sleep/exercise/eating
 - Caregiving skills
 - e.g., managing difficult behaviors, communicating with care partner & health professionals/family, finding help, planning for future



Discussion Center

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grandma nature

Discussion Center Post

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I thought I was doing ok, showers etc BUT as i walked outside to water and weed I saw my beautiful maple tree! Yikes it was so beautiful until hubby decided to get rid of what he thought were dead branches... I need to be stood in a corner as I lost it...It will grow again, he needs support. Guilty here

Created: 2 days ago Category: Emotions

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NEW COMMENTS



Potter

This is especially hard as a metaphor for our own "pruned" lives. Trees have such power and represent hope. I am so sorry . I would absolutely weep and try to find a place of forgiveness. not easy.

2 days ago

[view less](#)



Eileen

I think this is one of the hardest things - dealing with the totally unexpected and upsetting. It is hard not to react as that is normal. Finding a way to react in a way that is positive to your care partner and still honors your own emotions - now that is a challenge that I certainly

haven't mastered.

a day ago

Discussion Center

- Make posts on discussion boards
- Group provides support
- Facilitators monitor

Contact Information

- Project website
 - <https://caregiverproject.ucsf.edu/>
- Contact info for organizations & professionals
 - Veronica Yank, Principal Investigator (veronica.yank@ucsf.edu)
 - Giselle Aguayo Ramirez, Assistant Research Coordinator (Giselle.aguayoramirez@ucsf.edu)
- Contact info for caregivers
 - Call toll-free at 1-833-634-0603, Monday to Friday 9:00 a.m. to 4:00 p.m. PST
 - Email caregiverproject@ucsf.edu

