

A STUDY OF VIDEO-BASED COACHING TO DEVELOP A PERSONAL HEALTH STORY FOR PEOPLE WITH COGNITIVE IMPAIRMENT AND THEIR CARE PARTNERS

Have you been diagnosed with mild cognitive impairment or mild dementia?

Do you help support or care for someone with cognitive impairment?



Illness can be isolating, stressful, and hard to talk about—for patients and their loved ones. We want to learn if writing and talking openly about experiences with illness can help people cope with cognitive decline and other health-related challenges.

This study involves:

- Patient-care partner-pairs working with a coach to craft their story of health & illness.
 - A patient is someone with mild cognitive impairment or mild dementia.
 - A care partner is a family member or friend who helps support the patient.
- Four ~60-minute virtual coaching sessions scheduled over 6 weeks, followed by a story-sharing event where participants will share & listen to each other's stories.
- To assess study experience, participants will also:
 - Complete questionnaires via web, phone, and Zoom.
 - Complete a final ~50-min Zoom interview.
- All participation will be virtual except for an in-person/hybrid story-sharing event.
- Each participant will receive \$50 upon completion of the study.

If you are interested in learning more, please contact: Kelsey Biddle

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