

ARE YOU AN UNPAID CAREGIVER FOR SOMEONE LIVING WITH DEMENTIA?

Overview

The Supporting Our Caregivers in ADRD Learning (SOCIAL) research study is asking individuals to participate in a weekly 60-minute virtual education session for 6 weeks to help us explore how SOCIAL might be an effective tool for reducing stress in caregivers for people with Alzheimer's Disease and Related Dementias (ADRD).

Who can participate?

- You are living with and have provided unpaid care for someone with dementia for 4 hours a day for more than 6 months
- You are over 18 years old
- You have not used mindfulness apps or any meditation for more than 60 minutes a week in the past 6-months
- You have managed a challenging dementia related behavior in the past month

Want to hear more about the study?

Contact our study coordinators at socialstudymgh@mgb.org
Please include your name, phone number, or email so that we can reach you!

Compensation

You may receive up to \$120 for your time

To find out if you are eligible

[Scan the QR code below](#)



Supporting Our Caregivers In ADRD Learning



CENTER FOR HEALTH OUTCOMES
AND INTERDISCIPLINARY RESEARCH
(CHOIR)