

Study Details

Participants will be randomly assigned to one of three groups

1. Tele-Savvy Group—Immediately receives the Tele-Savvy Education Program
2. Healthy Living Education Group—Immediately receives 6 weeks of education on healthy lifestyle choices, and receives the Tele-Savvy Education Program after 6 months
3. Usual Care Group—Continuing with your existing care routine, and the receive Tele-Savvy after 6 months

All participants will receive the Tele-Savvy Education Program prior to the end of the study.

Who may participate?

Informal caregivers of dementia patients.

Is there a cost to participate?

No, participation is completely free.

Will I be compensated for my participation?

Yes, compensation will be provided for completing study-related interviews.

Tele-Savvy Clinical Trial

Kim Sangster

Site Coordinator

Phone: 312-503-0604

Email: kimberly.sangster@northwestern.edu

Tele-Savvy Clinical Trial

*Dementia Caregiver Research
Participants Needed*

Emory University

*Schools of Nursing and Medicine &
Alzheimer's Disease Research Center*



What is the Tele-Savvy Study?

A clinical trial of an on-line education program for dementia caregivers.

Caregiver Training

During the program, you will receive caregiver training in the following areas:

- Dementing Illnesses
 - Stages
 - Causes
 - Signs and Symptoms
 - Disease Management
- Environmental changes to enhance quality of life for you as a caregiver and your person living with dementia
- Caregiving Strategies
- Self-Care for the Caregiver

Why Tele-Savvy?

Caregiving is a demanding and stressful role. Caregivers need training to optimize their person's and their personal quality of life.

Many skills can be learned to decrease caregiver burden, stress, and the severity of

dementia symptoms experienced by their person.

This program is conveniently offered online on weekdays and weekends.

We make it easy to participate with life tech support at every step of the program.

Sessions in the program are designed and led by experts in dementing illnesses

You will be meeting with other dementia caregivers throughout your time in the program.

What will I do as a participant?

You will participate in a 6-week online program that includes weekly video conferences and online video lessons.

You will complete up to 6 interviews over the course of 12 months. These interviews are focused on understanding your caregiving experience.

How much time do I need to commit to participating?

Weekly teleconferences—Up to 90 minutes on a regularly scheduled day of the week (weekday or weekend).

Daily Video Lessons—Up to 15 minutes daily. These videos will be emailed to you and may be watched on your own schedule as time permits.

Interviews—Study related interviews will be conducted up to 6 times throughout the program. They are scheduled roughly every 3 months and will be limited to 60 minutes.

What do I need to participate?

You will need a computer or mobile device with internet. Webcams may be provided if needed.

New to videoconferencing?

Program uses a simple, introductory level program for video conferences.

Research assistants will be available for help at all stages.

What if I start and cannot finish?

This is a voluntary study. You can stop at any time. There are no penalties for discontinuing participation.



I'm Interested! Now what?!

Contact

Kim Sangster, Site Coordinator

312-503-0604

kimberly.sangster@northwestern.edu