

Frequently Asked Questions

What is the Rural Dementia Caregiver Project?

This is a free study funded by the National Institute on Aging, a division of the National Institutes of Health, to evaluate a 6-week online caregiver workshop. The workshop helps those caring for people with memory loss or dementia to manage their stress and learn how to manage the difficult behaviors of those for whom they are caring. Participants will also be able to learn from other caregivers and to help other caregivers.

Why Rural Caregivers?

Unfortunately, rural caregivers usually have fewer opportunities to meet other caregivers or receive caregiver services than those living in urban areas. You can help us change this.

Where is this project taking place?

Everything is online. You can participate at home or anywhere there is a computer, tablet, or smartphone with internet access at convenient times, even in the middle of the night.

What do I have to do?

First, complete an eligibility survey to see if you are eligible for the study. If you are eligible, enroll in the study. We will ask you to fill out four surveys, one now, one in about two months, one in six months and one in a year.

You will participate in a six-week online workshop with about 20 other rural caregivers. We will ask you to log on 2-3 times a week for about 10-30 minutes each time. You can do this any time and on any day.

The study is free.

Do I get anything for participating?

Yes, you get:

- To take the 6-week online workshop – any time, day, or night
- Meet other people who are caregivers like you
- A free workshop book
- \$20 each time you complete a survey (Up to \$80 total)

Ready to check if you are eligible?

Visit our website:

<https://caregiverproject.ucsf.edu/>
and complete our eligibility survey

Do I get to take the workshop right away?

This is a study, so we will be asking some people to wait a year to take the workshop. Who gets to take the workshop right away versus later is random, like flipping a coin. Even if you have to wait, you will still be paid for completing each survey and you will receive phone calls and resources from our staff.

Who is conducting this project?

This project is being conducted by the University of California, San Francisco, in collaboration with many partner organizations throughout the United States and with funding from the National Institute on Aging, a division of the National Institutes of Health.

Am I eligible for this study?

You are probably eligible if you:

- Live in a rural area of the United States
- Give care at least 10 hours a week for a family member or friend with memory problems (by care we mean give help with dressing, meals, transportation, medications, appointments, or similar support).
- Are 18 years of age or older
- Read and write English
- Have internet access

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Why does this project need my help?

Your participation will help us:

- Test whether the online workshop helps caregivers.
- Learn about your caregiving experiences and how to improve the workshop.
- Depending on the results of the study, the workshop may then be used nationally to help other rural caregivers.

Will this project keep my information private?

Everything you tell us will be voluntary and private. This information will be used to evaluate the workshop. We will never share your name, address, email, or any other information that might identify you or the person for whom you are caring. In the workshop, you can choose a screen name so that even the other workshop participants will not know anything about you other than what you tell them.

Do you have additional questions?

Email us at: caregiverproject@ucsf.edu

Or call us toll-free at: 1-833-634-0603

Monday to Friday between 9 am to 4 pm PST