

# Do you care for someone with memory loss?

A free workshop may help you!



"Some of the most useful aspects of this workshop are the comments, suggestions and support from fellow participants." -Caregiver

The Rural Dementia Caregiver Project seeks to help caregivers of people with memory loss from rural, farming, or small town communities learn new skills and improve their health. It is a research study of the University of California, San Francisco

## If you join the study, you will receive, for free:

- Access to an 6-week online workshop—any time, day or night (no Zoom or video required)
- Workbook to keep—on skills and resources for caregivers
- Support from trained staff and other caregivers
- Up to \$80 in cash for completing 4 surveys

## Am I eligible?

You may be eligible if you:

- Are 18 years of age or older
- Able to access the internet
- Provide care for at least 10 hours per week

*By “care” we mean assistance with dressing, meals, transportation, medications, shopping, or similar support. Care also includes managing finances, coordinating appointments, and travel time. It is not required for caregivers to live with the person they help support.*



University of California  
San Francisco



**BUILDING BETTER  
CAREGIVERS.**

Your participation is private and confidential

**Check if you are eligible! [caregiverproject.ucsf.edu](https://caregiverproject.ucsf.edu)**

For other questions call toll free at 1-833-634-0603