

## Did you know...

- In the US, there are 13 million caregivers who provide critical support to those with memory loss
- Caregivers can experience serious health issues from providing care
- Learning new skills may improve your mood, your health, and the health of your family member or friend with memory loss
- Communicating with other caregivers is a promising way to share ideas and get help



## You may be eligible if...

- You live in a rural, farming, or small town area
- You provide care for a family member or friend with memory problems
- You are 18 years old or older
- You are able to access the internet-- no Zoom/video required to participate
- You provide care for at least 10 hours per week

By "care" we mean help with dressing, meals, medications, transportation, appointments, or similar support

**Your participation is confidential and voluntary.**

To see if you are eligible, go to:  
[caregiverproject.ucsf.edu](http://caregiverproject.ucsf.edu)

For general questions, please call our toll-free line at:

1-833-634-0603  
Monday-Friday  
9 am-4 pm PST

Do you care for someone with memory loss?



**The Rural Dementia Caregiver Project may help you!**

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

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**UCSF**  
University of California  
San Francisco

  
**BUILDING BETTER  
CAREGIVERS.**

## What is the Rural Caregiver Project?

The Rural Caregiver Project is evaluating an online workshop to help caregivers of people with memory loss from rural, farming, or small town communities reduce their stress and learn new skills.

### What does the workshop offer?

- Interactive 6-week online workshop
- Access any time, day or night
- New skills to help you reduce your stress, manage difficult behaviors of your family member or friend, take better care of yourself, and plan for the future
- Information on community resources
- Ideas and support from trained staff and other caregivers
- Free workbook to keep

### Participation is free.

See privacy information at:  
<https://caregiverproject.ucsf.edu/have-questions>



The **Rural Caregiver Project** is a study being conducted by the University of California, San Francisco (UCSF), in collaboration with many organizations throughout the United States.

If you enroll in the study you will receive the online workshop, either now or in 12 months, depending on which group you are assigned to.

If you are assigned to the group that has to wait 12 months, you will receive a caregiver handbook and 2 support calls from study staff while you wait.

All caregivers will receive up to \$80 in cash for completing 4 surveys.

**For more information, go to:**  
[caregiverproject.ucsf.edu](http://caregiverproject.ucsf.edu)

### What you will do in the study?

- Log onto the workshop 2 or more times per week for 10-30 minutes each time, whenever you want
- Complete 4 surveys online or by phone

### What caregivers are saying:

"It is also easier to open up by being anonymous. I am very private about our lives."

"It was good that I could join the discussion at any time day or night and that I did not have to drive anywhere."

"Being part of the workshop has given me an assurance that I am not alone with caring for my husband."

