



Melbourne
Ageing Research
Collaboration



Are you caring for someone with dementia? Would you like to participate in a research study?

The National Ageing Research Institute is undertaking a project to investigate whether a program delivered via video conferencing is helpful for carers of a person with dementia to better understand and respond to the behaviours of the person they care for.

To participate in the study, you need to:

- ✓ be 18 years of age or over
- ✓ be caring for and living with someone with dementia
- ✓ live within 100k radius of Melbourne

This program will involve 8 weekly face to face (via videoconferencing) sessions of education, relaxation and counselling. You will receive instruction on how to use the videoconferencing software prior to the program. Before and after the eight weeks of the program, you will complete some questionnaires about your wellbeing and quality of life, and the wellbeing and quality of life of the person you care for.

If you would like to participate or find out more about this project, please contact Ellen Gaffy at NARI on (03) 8387 2296 or at e.gaffy@nari.unimelb.edu.au