

OPPORTUNITY FOR CAREGIVERS OF PERSONS WITH DEMENTIA TO PARTICIPATE IN A STUDY CONDUCTED BY UWM SCIENTISTS



"100% of participants in our pilot test indicated that they would like to continue using the program and would recommend it to others"

"I found that when I write things down in the notes or track symptoms in myHESTIA, I understand everything better and I stop overthinking about it, which reduces my stress" - Anonymous user

WHO IS CONDUCTING THIS STUDY?

This study is being conducted by researchers at the University of Wisconsin-Milwaukee. The Principal Investigator of this study is Dr. Priya Nambisan - Call : (414)-251-5217 or Email:nambisap@uwm.edu for any questions regarding this study.

OBJECTIVE

The objective of this study is to evaluate an easy to use computer program - **my Healing Ecosystem for Self-care and Therapeutic Integration for the Aging (myHESTIA)** for persons with Dementia/Alzheimer's and their family caregivers.

ELIGIBILITY

- Caregivers of a person with Dementia/Alzheimer's.
- Have a mobile phone, iPad or a computer.

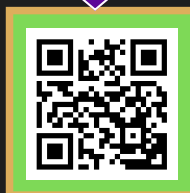
EXPECTATIONS

Participants will use the program daily for 4 weeks and also participate in a virtual interview regarding the program. Each day's use may take about 5-15 minutes. We will provide training and help, all through the time you are using it.

BENEFITS

- Use the program to keep notes and to track health issues/symptoms, concerns and changes in behavior of your care-recipient.
- Use the program to reduce stress - listen to music, use our dance or yoga tutorials, etc.
- Use the program for getting support and insights to better understand your care-recipient's needs.
- **You can continue to enjoy the program for free after the study is completed.**

For more information on myHESTIA



\$100 Gift card/participant

HOW TO PARTICIPATE

Send an email to nambisap@uwm.edu with your name and contact info or scan the QR code below to fill in your contact info

Contact info form and consent

Email



or

