



Dementia-Inclusive Choices for Exercise (DICE)

We are looking for people living with dementia and care partners to participate in a research study.

As part of the project we have developed two handouts, one that summarizes the benefits and recommendations of physical activity. The other is a wallet card that helps people living with dementia to share information about their needs with exercise providers.

What will you be asked to do?

- Attend an initial meeting to learn about the study and be provided two handouts (approximately 30min). This can be done over the phone or internet.
- You will have 1-2 weeks to review the handouts.
- Complete a follow-up interview (approximately 30-45min) over the phone or internet.
- We want to learn about the usability and benefits of these handouts.
- You will receive remuneration of \$25 for completing the study.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee.

To find out more about the study please contact, Melissa Koch, Research Assistant, m4koch@uwaterloo.ca or Phone 519-904-0660 x5003

