

Société Alzheimer Society

Title of Study: EleosCare: Supporting Caregivers of People with Dementia through the Practice of Self-Compassion

Location: Canada-Wide

Study Description:

This study will evaluate a virtual support program for caregivers of people living with dementia. The program focuses on developing more self-compassion as a way to help reduce the stresses associated with caregiving. The program was created in collaboration with care partners of people living with dementia, the Alzheimer's Society of Saskatchewan and consultants from the Youville Clinic in Winnipeg, Manitoba to help improve access to support for caregivers.

The findings of this project will help us see how delivering a mobile support program for caregivers coupled with virtual meetings, can help to promote coping and reduce stress.

What Will Happen During the Study?

This 8-month program will consist of bi-monthly virtual group meetings to discuss content delivered on your smartphone or computer.

A research assistant will provide instructions on how to install the app. We will ask you to complete several questionnaires administered by a research assistant on the mobile app about your caregiving experiences, coping skills and wellbeing at the beginning and the end of the program. This will take about 20-30 minutes. You will have access to different types of podcasts on the app that you can do when it best suits you.

Eligibility: Who Can Participate?

To be eligible to participate in this study, you must meet the following criteria:

- 1) You identify as a primary caregiver of a community-dwelling family member who has memory loss consistent with dementia.
- 2) You must be a over the age of 18.
- 3) You must be able to read and speak English.

Recruitment Start Date: January 17, 2022

Recruitment End Date: February 17, 2022

Contact Information

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