

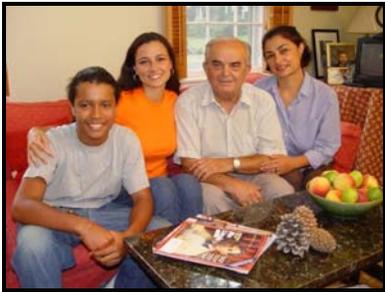
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## Alzheimer's Disease and Caregiving

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Memory disorders and dementia affect more than 1 in 5 individuals over age 65. Alzheimer's disease (AD), the most common form of dementia, currently afflicts over 4 million Americans.

Most individuals who have dementia live at home and are cared for by their families.



While caring for a loved one with AD or dementia can be rewarding, it can also be stressful.

Many families find it difficult to manage changes in their loved one's behavior. These changes may include being restless and fidgety, becoming easily upset or irritated, being fearful, or becoming sad or depressed.

At times, family members' own physical and emotional health as well as their relationships with family and friends can be affected.

## What is Círculo de Cuidado?

Círculo de Cuidado is a 5-week program for Latino families caring for a loved one with dementia. We bring families together to teach them skills to better manage and decrease the problem behaviors of their loved one.

The program's goal is to improve the lives of BOTH the individual with Alzheimer's disease and the family member providing the care.

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## Who is Eligible to Participate?

You are eligible to participate if you:

- Have a loved one diagnosed with Alzheimer's Disease or dementia
- You provide a minimum of 5 hours of care each week.
- You experience some behavior problems associated with the disease.

**Participation is free. There are NO insurance requirements.**

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## What's in it for participants?

Benefits to participants include gaining education about dementia and specific techniques that may help you manage the behavior problems associated with the disease.

Participation also provides important information to health care professionals about how to better serve Latino families impacted by AD and improve quality of life for caregivers and their loved ones

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## What does participation in this study include?

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If you agree to participate in this study you will be asked to:

- Complete an initial 1-hour interview regarding the needs of your relative with Alzheimer's disease and your experiences providing care.
- Participate in five 90-minute weekly group sessions, with approximately 5-10 other families.
- Participate in 3 additional follow-up 30-40 minute interviews similar in content to the initial interview.
- As a token of appreciation, individuals will be paid \$15 in cash for each interview.

**Refreshments will be served at all group sessions.**



**ARE YOU INTERESTED IN  
LEARNING MORE ABOUT  
CÍRCULO DE CUIDADO AND  
POSSIBLY PARTICIPATING?**

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**FOR MORE INFORMATION  
PLEASE CONTACT:**

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**We look forward to speaking  
with you!**

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**CÍRCULO DE CUIDADO**

**A RESOURCE FOR LATINO  
FAMILIES CARING FOR A  
LOVED ONE WITH  
ALZHEIMER'S DISEASE**



**A Research Project of  
Boston University  
School of Social Work**

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