

Sleep and Activities among Dementia Care Dyads

The purpose of the research is to examine caregivers' daily sleep, activity, and caregiving support to the patient, and their own cognitive health.

Requirements

- have primary caregiving responsibility for a loved one living with dementia
- the patient has a physician's diagnosis of early- or middle-stage Alzheimer's disease or related dementia
- co-reside with the patient living with dementia in the community
- are 55 years or older
- speak English

To register for a 30-minute screening assessment over Zoom to determine your eligibility:

yin.liu@usu.edu 435-797-4149

Time Commitment

The baseline and 6-month interviews will each last about 90 minutes, and each of the daily phone calls will be about 30 minutes.

Process Overview

- conduct baseline in-person interview for demographics
- follow up immediately with a daily diary study, where we will call for your daily caregiving experiences across 8 days
- assess your cognitive health and well-being at 6 months

We will compensate $220 for your time in completing all aspects of the study.