

Do you care for someone with memory loss?

A free workshop may help you!



University of California
San Francisco



BUILDING BETTER
CAREGIVERS.



The Rural Dementia Caregiver Project seeks to help caregivers of people with memory loss learn new skills and improve their health. It is a research study of the University of California, San Francisco

If you join the study, you will receive:

- Access to an 6-week online workshop—any time, day or night
- Workbook to keep—on skills and resources for caregivers
- Support from trained staff and other caregivers
- Up to \$80 in cash for completing 4 surveys

Am I eligible?

You may be eligible if you:

- Are 18 years of age or older
- Able to access the internet
- Provide care for at least 10 hours per week

By “care” we mean assistance with dressing, meals, transportation, medications, appointments, or similar support

Check if you are eligible! caregiverproject.ucsf.edu

For other questions call toll free at 1-833-634-0603