



Are you a caregiver for someone with Alzheimer's disease or other dementia?

Would you like to participate in a support group to connect with other caregivers like you?

The University of Alabama has a new program that offers **private, online** support groups designed for dementia caregivers. These groups are designed to provide a similar experience to in-person support groups, but you may participate on your own schedule and within the convenience of your home using social media.

Some of the program features:

- Support groups are small in size.
- A program team member will teach you how to participate via laptop, tablet or smartphone. You do not have to know a lot about computers.
- You can participate anonymously, without providing private information.
- Each week, health and social work experts will provide educational information designed to help you improve your caregiving experiences. You can interact with other caregivers each week as much or as little as you want.
- Support group members will be asked to log into the group at least once per week and to participate in 2 interviews about their experience. They will be compensated \$30 for each interview (a total of \$60).

You are eligible to participate if you: provide ongoing care for someone with dementia; are interested in participating in a support group with other caregivers in Alabama, and are able to access the internet at least once each week (either using a computer, tablet, smartphone, or local library).

FOR MORE INFORMATION, CONTACT THE PROJECT DIRECTOR:
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