



Principal
Investigator:

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For more
information, please
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HARP is supported by:



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Department of

HARP
Healthy Aging Research Program

Engage Coaching Project



Who is eligible for the study?

Adults who are:

- 50 years of age or older;
- Sometimes feel stressed because you are caring for a family member with dementia;
- Sometimes feel isolated, left out, or that you lack companionship.

What is the purpose of this study?

The purpose is to learn how to help individuals who are caring for a family member with dementia improve their social relationships and social supports.

Engage Coaching is designed to help you enhance your relationships while managing stress. Coaching involves meeting one-on-one with an Engage coach up to 8 times (in your home or wherever is convenient for you).

What will I be asked to do?

If you participate in this study, you will be asked to try the Engage coaching program (free of charge) and complete two follow-up interviews. The Engage Coaching program involves setting goals for improving relationships and working with your coach to achieve those goals.

What information will you collect during the interviews?

You will be asked about your physical, cognitive, and emotional health, and about your social relationships.

How long are the interviews?

The first follow-up interview can be completed over the phone or online (30 minutes). The second follow-up interview (6 months after enrolling in the study) will last approximately 2 hours.

For more information, please call the study team at: (585) 276-6204

Will my information be kept confidential?

All of the information we collect from you is kept strictly confidential and secure. Only HARP investigators and staff have access to the information you provide.

What else should I know?

If you qualify for and complete each of the 2 interviews, you will be paid \$90.

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