African Americans 71 and older are two times more likely to have Alzheimer’s or other Dementia than whites 71 and older.

Most family caregivers are proud of the help they provide yet many also experience high levels of stress and depression.

There are almost 11 million Alzheimer’s and Dementia Caregivers in the United States.

70% of Caregivers are women.

Family caregivers for loved ones with dementia are more likely to have stress hormones and new hypertension than other caregivers.

Family Dementia Caregivers are 50% less likely than other caregivers to use medical care for themselves.

---

**Family Dementia Caregiving: The Facts**

**Scholarship, Leadership, and Social Responsibility**

**African American Family Dementia Caregivers Study**

Phone: 404-727-8481  
E-mail: mrobi3@emory.edu  

This study is supported by a grant to Emory University by the National Institute of Nursing Research.

Principal Investigators:  
Dr. Kenneth Hepburn, PhD  
Emory University School of Nursing  
Dr. Monica Willis Parker, MD  
Emory University School of Medicine  

(404)727-8481
A Study of African American Family Caregiving

This is a research study of methods to improve the health and well being of African American Caregivers of persons with Alzheimer’s disease. Join us to benefit African American Caregivers of family members with Alzheimer’s Disease. Learn strategies for caregiving to help decrease stress. Increase your knowledge and awareness of self care in your caregiving. Become a part of improving the lives of caregivers in the African American community by enrolling in this research study.

Volunteers will come to Emory once before the program begins and once after the program ends to fill out paperwork and complete brief physical tests (including a blood test).

Transportation costs will be reimbursed and a $100 honorarium will be provided for taking part in each test.

Volunteers will be randomly assigned to one of the three methods:
1. One group education meeting to focus on healthy behaviors
2. Once a week 2 hour group education program for seven weeks
3. A seven week group education and exercise program

Where will it be?
- Emory University campus
- Community Locations
- Dates and times are flexible and vary for each group

Who can take part?
- African Americans 21 years and older who are Caregivers of a family member with Alzheimer’s Disease and who Provide care in a home setting

How to Volunteer
To volunteer call (404) 727-8481 and speak with the Program Coordinator to find out if you’re eligible.