

## Family Dementia Caregiving: The Facts

- 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

2010 Alzheimer's Association Report



EMORY

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SCHOOL OF  
NURSING

*Scholarship, Leadership, and  
Social Responsibility*

### **African American Family Dementia Caregivers Study**

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



Caregiver Opportunities for Optimizing Lifestyles

*A research opportunity for  
African American  
Family Dementia  
Caregivers*



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# *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.***

## **What's Involved?**

*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.**