

Are you working and providing care to a relative/friend with dementia?

If so, please consider participating in our study.

This study is seeking participants in **Portage La Prairie, Steinbach, Winkler** and surrounding rural areas.

Phase 1 of study

The first phase of this study is a preliminary examination of the experience and needs of dementia caregivers living in rural communities in Nova Scotia and Manitoba. It will explore the barriers and facilitators associated with juggling caregiving and work duties that may be unique to caregivers living in remote/rural communities. The aim is to develop a rich story of experiences about the challenges and opportunities faced by this subset of caregivers and gain an understanding of how and if they access help and support for themselves.

Your time commitment to this interview is 45-60 minutes.

Phase 2 of study

You may participate in the eight-week Reitman Centre Working CARERS Program (RCWCP), which includes two-hour group sessions of education, Problem Solving Techniques and you will be provided with information about dementia and information regarding community resources. You will also receive hands-on skills training and coaching in effective behavioral techniques to manage interpersonal interactions with the care recipient (such as responding to aggressive behaviors) with scenario-based simulated situations with standardized patients.

Upon completion of RCWCP, you may participate in a focus group to:

- provide your input on balancing work and caregiving;
- discuss what has been learned from RCWCP that works well;
- discuss possible improvement to how the intervention may be delivered and circulated to other communities;
- discuss community preparedness to support employed informal dementia CARERS

Your time commitment to this focus group is 75-90 minutes.

To participate, please contact:

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Your participation in this study is voluntary and you may end your participation at any time.

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