



Participate in a Caregiver Research Study Today!

Are you an informal caregiver to someone with dementia or a neurodegenerative disease, between the ages of 50-85 and live in the greater Toronto area?

Saint Elizabeth Health Care and Elizz have partnered with **Dr. Alexandra Fiocco** from Ryerson University and are looking for participants to take part in a 10 week research program that promotes stress management among caregivers.

By participating, you will be engaging in an activity of your choice while a skilled Elizz Personal Support Worker (PSW) cares for the one you support at home.

Research Program Details:

Week 1 & Week 10

- Complete a 1.5 hour health & well-being assessment with a research assistant.
- Caregivers will be asked to complete tasks that assess attention, learning, and memory.
- An Elizz PSW will be available to care for your loved one at home.

Week 2-8 (6 weeks)

- Participants will be asked to engage in activities of their choice, that help manage their stress.
- Participants will receive 2 hours of free respite services provided by an Elizz PSW, once weekly.

To learn more about the research study and how to participate, please contact Dr. Fiocco and team at 416-979-5000 Ext. 3233, or star.lab@psych.ryerson.ca

Enrollment space is limited.