



Brain Health in Alzheimer's and Other Dementias

ONLINE RESEARCH STUDY

What will you do?



Online Assessments (45 min)
• Three times (months 0, 2, 4)



BrainHealth Concepts (15 min/week)
• Online resources and action items
• Video testimonials

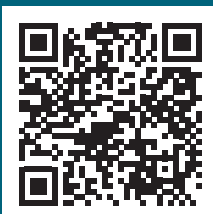


Discussion Groups (45 min/week)
• Online topic-centered meetings for care partners and people with a diagnosis

Who is a good fit?

- ✓ Individuals with a recent diagnosis of Alzheimer's or other dementia
- ✓ Spouse or family member available to participate in the study
- ✓ Able to participate for up to 4 months
- ✓ Interested in learning ways to enhance brain health following diagnosis
- ✓ English-speaking with access to internet

Eligible participants with a diagnosis of Alzheimer's or other dementia AND a family member will complete online assessments at baseline, 2 months, and 4 months. All participants will have the opportunity to participate in the training.



Interested in participating?

Scan the QR code or go to
redcap.utdallas.edu/surveys/

And enter code: **RKWYTF49K**



CENTER *for*
BRAINHEALTH[®]
THE UNIVERSITY OF TEXAS AT DALLAS