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.

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

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

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/](http://redcap.utdallas.edu/surveys/)
And enter code: RKWYTF49K