



# ARE YOU AN UNPAID CAREGIVER FOR SOMEONE LIVING WITH DEMENTIA?

**Supporting Our Caregivers in ADRD Learning (SOCIAL) study** consists of weekly, 60-minute virtual education sessions over 6 weeks focusing on reducing stress in caregivers for people with Alzheimer's Disease and Related Dementias (ADRD).

## Who can participate?

- You are an unpaid caregiver for someone with dementia
- You are over 18 years old and speak English
- You have not used mindfulness or meditation tools in the past 6-months
- Your care recipient has had challenging dementia-related behaviors

## To find out if you are eligible:

Scan the QR code below or visit: <https://redcap.link/socialstudymgh>

## Want to hear more about the study?

Contact our study coordinators at [socialstudymgh@mgb.org](mailto:socialstudymgh@mgb.org)  
Please include your contact information!

## Compensation

You may receive up to \$120 for your time.



Supporting Our Caregivers In ADRD Learning



**CASI**

CENTER  
FOR AGING AND  
SERIOUS ILLNESS

Improving Outcomes in Aging & Serious Illness



**CHOIR**

CENTER FOR HEALTH  
OUTCOMES AND  
INTERDISCIPLINARY  
RESEARCH

IMPROVING HEALTH ACROSS THE LIFESPAN