

## Development of an Intervention for Long-Distance Caregivers

### *Creating an Advisory Committee*

#### ***What is this study about?***

Most prior research has focused on geographically nearby caregivers of older adults with dementia and interventions for caregivers designed to alleviate burden are only available for these caregivers. Therefore, this project, funded by the National Institutes of Health, will adapt an existing evidence-based caregiver intervention (Community REACH) to the needs and circumstances of ***long-distance caregivers*** - these are caregivers who live at least two hours away from the older adult with dementia they care for.

#### ***What is the role of our advisory committee?***

To achieve our aim of developing a technology-based intervention for long-distance caregivers by adapting an existing caregiver intervention, we will convene an advisory committee of caregiving experts, which will include two long-distance caregivers, two home care aides working for non-medical home care agencies, a researcher with an expertise in the field of family caregiving, and the leader of a caregiver support organization. The charge of this advisory committee will be to help modify Community REACH intervention for the use with long-distance caregivers.

#### ***Why do we need you?***

We are reaching out to you because you are a home care aide to a person with dementia who has a caregiver that lives at least two hours away, and you have at least 5 years of work experience. Our ultimate goal is to better serve long-distance caregivers' needs, and your insights are important to this process. You are the expert who we are hoping to learn from, and therefore your involvement in this advisory committee is critical.

#### ***What would your responsibilities be?***

You will be asked to attend four meetings over a 5-month period, beginning in January 2022. We will facilitate these meetings by providing concrete tasks on how to adapt Community REACH. Each session will be held via Zoom and at a date and time convenient for you. We understand that your time is valuable and, therefore, we are providing a small stipend for each meeting to compensate you for your time and as a way to say thank you.

#### ***How can you join?***

If you are interested in learning more about this study and/or participating as a member of our advisory committee, please reach out to the project director, Richard Evan Chunga, at [Richard.chunga001@umb.edu](mailto:Richard.chunga001@umb.edu) or 718-551-4476. You may also reach out to the study's principal investigator, Dr. Verena Cimarolli at [vcimarolli@leadingage.org](mailto:vcimarolli@leadingage.org) or 202-508-9411.

