



CAREGIVERS NEEDED FOR RESPITE CARE RESEARCH STUDY

What does the study involve?

- A questionnaire on experiences, mood, behaviors and stressors to be answered by the person with memory impairment and his/her care partner
- A home visit from the study coordinator and a preliminary meeting with the student to ensure a good match
- Three hours of respite care per week provided by a trained student, allowing the care partner takes some time to him/herself

The Penn Memory Center is conducting a research study to evaluate the effects of Time Out, an intergenerational respite program that matches Penn students with older adults with mild cognitive impairment (MCI) or mild to moderate Alzheimer's disease (AD). Students provide 3 hours of companionship/respite care in your home and/or community.

Respite care may include conversation, reading, or mobility assistance, and may also include meal preparation, laundry, and light grocery shopping. It does not include personal care – such as bathing, dressing, feeding, or toileting – nor does it include administering medications or therapies.

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How long is the study?

There are two, randomized study arms (treatment and wait list control). Each arm is 12 weeks long.

- Those in the treatment group will receive 3 hours of respite care each week for 12 weeks.
- Those in the control group will wait 12 weeks before receiving care, but will then proceed to the treatment (respite) group for another 12 weeks.

Who can participate?

People with mild cognitive impairment (MCI) or mild to moderate Alzheimer's disease and their primary care partner

Compensation

Families will not receive compensation for participating in this study. However, the cost of respite care will be covered by the study; families will not have to pay for this care.



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