

# Are you a care partner for a person with Alzheimer's Disease?

The Epworth Centre for Innovation in Mental Health (ECIMH) is investigating the effectiveness of a psychological intervention for care partners of people recently diagnosed with Alzheimer's.

To assist us with this study we are seeking volunteers who:

- *Are aged 18 years or older*
- *Identify as being a care partner of a person with mild Alzheimer's disease.*
- *Engage in at least four hours of contact care per week.*
- *Have been a care partner for no longer than five years.*

## **Participation will involve:**

- ✓ Small group sessions
- ✓ Four week period
- ✓ Psychoeducation, support and self-care strategies for care partners.

## **More information?**

If you would like more information or are interested in participating please contact:

**Dr Melanie Emonson**

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