

Connect2Caregivers Research Study Information

This document contains information that we hope you will find helpful about the **Connect 2Caregivers (C2C) Research Study**. Please review the information that follows. After reviewing, please complete the pre-screening survey.

- The purpose of the study is to test a unique process that matches dementia caregivers – current and former – to one another, for the purpose of peer-to-peer emotional support.
- To test our program, you may be matched with other caregivers using our matching method, or you will be matched with other caregivers at random. Neither you nor the study team will know which group you are in.
- Your participation in the research study would last 15 months.
- You are eligible to participate in the 15-month research study if you are a former dementia caregiver, or if you are currently caring for someone who has a dementia diagnosis of some type.
- Your participation in the study would include completing a set of questionnaires/surveys:
 - Questionnaires/surveys would be completed by you at 4 timepoints: Baseline, 3 months, 6 months, and 15 months.

- It is estimated to take 30-60 minutes to complete the set of questionnaires/surveys at each time point.
- The questionnaires will ask about your emotional/psychological wellbeing, the amount of social support you have, how you cope with stress, your quality of life, your executive functioning (e.g., planning, organizing, flexibility, emotional regulation, etc.), and how you rate the needs and strengths of the person with dementia for whom you are caring.
- After you complete the baseline questionnaires there is a 3-month period where you will not be asked to do anything.
- After the 3-months, you will be asked to complete the questionnaires and again and then invited to create a **Caregiver Profile** on the **Connect2Caregiver Website**.
 - Creating the **Caregiver Profile** takes 15- 30 minutes.
 - The **Caregiver Profile** asks questions about you and your current or former caregiving role, as well as the preferences you have in another caregiver for the purpose of emotional support. For example:

Do you prefer to be matched with someone who...

- Is a current or former caregiver?
- Is caring for someone with the same diagnosis as your

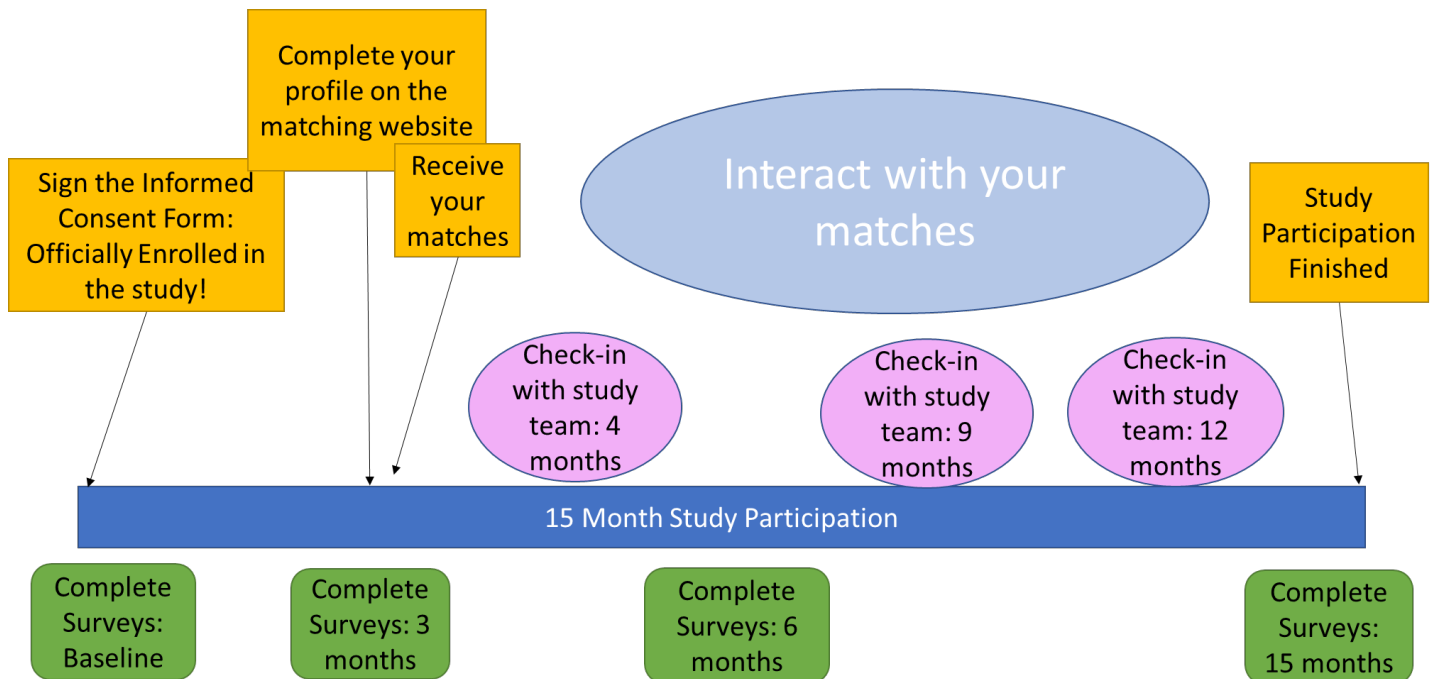
person with dementia?

- Is of your same age-range, gender, or lives close by or in a nearby community?
- Shares similar interests, values, or points of view?
- Approximately 3 weeks after you have completed your **Caregiver Profile** you will be notified via email that your matches are ready to review. You will be sent 4 matches to review. Remember, you may be matched with other caregivers using our matching method, or you will be matched with other caregivers at random.
- You will exchange messages with your matches using the **Connect 2Caregivers** secure website. Shortly after, you decide which matches (one or more) you wish to continue connecting with for the duration of the study.
- You are encouraged to continue connecting with one or more of your matches in a way that works best for both of you. This can include: phone, email from your personal computer or tablet, or in-person at a mutually agreed upon location (such as a coffee shop) if you are matched with someone who lives near you. *Connect2Caregivers* will never share your personal contact information with anyone else – only you can make that decision.
- You will be asked to do a check-in phone call with the Study Coordinator approximately 3 times (month 4, 9 and 12). Each call is

expected to last 10 minutes.

- Your participation in the study will officially begin once you sign the Informed Consent Form (ICF). The Informed Consent Form details everything you need to know before participating in the research study. You are required to review it, confirm you understand everything you are being asked to do, and then sign the document via DocuSign.
- At the end of the 15-month study you will be asked to complete an Exit Interview with a study team member

Figure Caption. 15-month study timeline.



In summary, if you enroll in the C2C Research Study, we ask that:

- When invited, you complete your profile on the matching website.
- When available, you interact with your matches.
- You complete your surveys in a timely fashion (less than 7 days is ideal), even if you're no longer interacting with any of your matches.
- You remain in the study for the entire 15 months and complete the Exit Interview at the end.
- You reach out to the study team if you have questions or experience technical difficulty.

If you're interested in participating in this research study, please complete

the pre-screening Survey so we can learn a little more about you and determine if you meet eligibility criteria.

[PRE-SCREENING SURVEY BUTTON](#)