



CARECOACH

Adapting and testing an intervention for caregivers of people with dementia.

Would you like to take part in a study aiming to improve **support** and **resources** for carers of people with dementia?



What is CareCoach? The aim of CareCoach is to adapt and test a Dutch online support programme called 'Partner in Balance' to implement it in the UK's NHS. The programme provides carers of people with dementia with information and the necessary skills to manage and support the day-to-day care they give to the person with dementia.

Who can take part? We are looking for carers of people recently diagnosed with dementia within the Nottingham area. You must have access to a home computer, laptop, tablet or phone, and internet connectivity.

What is involved? You will be invited to take part in a group workshop via an online video call, using Zoom or Microsoft Teams. The workshop will last between 1-2 hours and will be recorded. During the workshop, you will be shown audio clips of both carers and staff giving feedback on the Partner in Balance resource designed to support dementia carers. You will be asked to listen to this feedback and discuss your thoughts in small groups. There are no right or wrong answers. We are interested in your experiences and opinions.

I would like to take part. How can I get in touch? Please could you request an 'Expression of interest' form and return by email to the address below or by using the freepost envelope provided. Alternatively, scan the QR code below or type in the web address below. This will take you to an online form which you can submit. You will then be sent an information pack with more detail, and a consent form. <https://forms.office.com/r/DznAphrSPq>

What happens next? Once you sign and return the consent form, a member of the research team will contact you to arrange a suitable time for the interview. After the interview you will be offered a £20 Gift Voucher as a thank you for your time.

If you have any questions, please do not hesitate to get in touch with us via email at carecoach@uea.ac.uk or by phone on 07599 926354

