



LEARNING SKILLS TOGETHER

Family members are caring for parents and spouses living with dementia more than ever. Help evaluate a National Institute on Aging (NIA) funded program for care partners.

Learning Skills Together (LST) is an online study funded by the National Institute on Aging (NIA). LST was developed to increase the confidence of people who care for people with dementia when performing complex tasks, like managing personal care tasks, coordinating medication and special diets, and tools to reduce caregiver stress.

Eligibility Criteria:

- Be a family member to an individual living with Alzheimer's disease or a related dementia
- Have reliable access to the Internet and email, and be able to attend sessions using Zoom

Why Participate?:

- You may find improved confidence in caregiving
- You may reduce your emotional stress
- You can participate in the comfort of your own home
- You will help to advance dementia and caregiving research



Click here or scan the QR code to take a 2-minute eligibility quiz:

[redcap.case.edu/
surveys/?s=CH8MT49EF7EF8RKF](https://redcap.case.edu/surveys/?s=CH8MT49EF7EF8RKF)

You can also reach the project team by email at
learningskillstogether@case.edu
or by calling 216-368-1928



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