

Free Program for Adults with Memory Loss and their Caregivers

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for the LGBTQ community. Aging with Pride: IDEA is the first federally-funded research study examining ways to improve the health and quality of life for adults with memory loss and their caregivers in the LGBTQ community. LGBTQ adults with memory loss and other cognitive challenges face significant barriers to healthcare access and a lack of culturally competent care. Caregiving of LGBTQ older adults with memory loss is of concern due to social stigma, marginalization and social isolation, which can be barriers to sustaining caregiving.

The person with memory loss and their caregiver participate as a pair and at least one of them must be LGBTQ. The caregiver can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss. The person with memory loss must be 50 years or older.

The IDEA program includes nine individualized sessions with a trained coach. The coach teaches the pair problem-solving skills to improve behavioral challenges and communication. A low-impact exercise program including stretching, flexibility, and balance to strengthen the body, reduce injury and improve mood is also included in the sessions.

The sessions are individualized and virtual, using easy video chatting. Participants don't have to leave home to participate, can live anywhere in the U.S., and are compensated for completing phone interviews. Tablets with connectivity and simple instructions for using plus tech support can be provided if needed.

To learn more call 1-888-655-6646 or email ageIDEA@uw.edu. You can also visit the IDEA website at <https://ageidea.org/>

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action