

# Researcher seeks dementia caregivers for study

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(Photo: Michele Edmunds)

Antonio Terracciano, a researcher with the Florida State University College of Medicine, is conducting a study on Powerful Tools for Caregivers, an educational program designed to improve family caregivers' quality of life.

"We have been eagerly trying to find dementia caregivers to participate in this study," said Terracciano, an associate professor in the Department of Geriatrics, who was awarded a \$250,000 Alzheimer's disease research grant from the Florida Department of Health.

"Research shows that Powerful Tools for Caregivers is effective in creating more self-confident caregivers who take better care of themselves. My hope is that through this program we will see improvements not only in the caregiver but in the person with dementia. That's one of the ideas that we'll test."

Caregivers who participate in the study will meet with the study's research assistant to complete surveys and wear an activity monitor. They will also attend the six-week Powerful Tools for Caregivers program. During that period, caregivers will meet once a week to learn how to reduce stress, communicate more effectively, set goals and make tough caregiving decisions. Study participants will be compensated for their time.

"Our partners, Alzheimer's Project and Westminster Oaks, are offering this program throughout the Tallahassee community," Terracciano said. "It is with their help that we will be able to conduct this study to learn more about the program's effectiveness."

Although this study will recruit dementia caregivers, Powerful Tools for Caregivers is open to all family caregivers who take care of a loved one with a chronic condition. There is no cost to participate in the program or the study.

Caregivers wishing to participate in Terracciano's study or who want to participate in Powerful Tools for Caregivers may contact his assistant, Lametra Smallwood, at [lametra.smallwood@med.fsu.edu](mailto:lametra.smallwood@med.fsu.edu) or 850-645-2993.

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