

# Indiana Palliative Excellence in Alzheimer Care Efforts





# What is IN-PEACE?

**(IN-PEACE) Indiana Palliative Excellence in Alzheimer Care Efforts** is for patients with Alzheimer's disease and other dementias. We're looking for people with a caregiver who will join this research study. This study hopes to improve the care of people with memory problems by offering caregivers helpful information and resources.

## ***Patients who can sign up:***

- Age 65 or older with a doctor's diagnosis of memory problems in the moderate to severe stages
- Have a caregiver who will join the study
- Don't live in a nursing home
- Live in the greater Indianapolis area in a personal home or assisted living facility

## ***Caregivers who can sign up:***

- English-speaking
- Live with the patient or have contact at least 2 times a week with one time in person
- The primary caregiver helping patient



# What Will I Do?

## First Interview

Our staff will ask patients and caregivers a list of questions. These questions will be about memory, behavior, pain, and sadness. These first questions may take about 45 minutes at your doctor's office or your home.

## Short Interview Every 3 Months

We will ask some of these same questions again every 3 months for 2 years. These may take about 25-40 minutes. We can ask these questions at the doctor's office, at home, or on the phone.

After you answer each list of questions, you will receive a grocery gift card as a "thank you."

Half the caregivers will receive a handy **health guide** about managing memory problems and self-care tips for the caregiver, too.

Half the caregivers will receive this guide plus a **Dementia Care Coordinator**. This person will call each month to ask about patient symptoms and answer questions.

## 24-Month Interview

# ABOUT US

The Indiana University Center for Aging Research (IUCAR) develops and tests new ideas to improve the quality and service of healthcare and self-care for older adults. We're working to become the nation's leading academic research center focused on the health and well-being of older adults. Meet the team for the IN-PEACE study:



Greg Sachs, M.D.  
*Primary Investigator*



Laura Holtz, MS  
*Research Manager*



Townsend Schnabel  
*Research Assistant*



Nina Johnson  
*Research Assistant*

For questions, please contact  
Laura Holtz (317) 274-9114

The Indiana University IN-PEACE study is funded by the  
National Institute on Aging of the National Institutes of Health.  
Study #1707549593 Grant No.1R01AG057733-01A1