

May 10, 2017

New Caregiving Toolkit – Ten Families Needed to Test It!

It's not always easy for family members to talk to each other about what's needed, wanted, and possible when it comes to family care and support of a parent.

Researchers at Scripps Gerontology Center at Miami University are developing a **family communication and care coordination toolkit** for aging parents and their adult children. It's called "Our Family, Our Way."

We are looking for 10 families to participate in a test of the toolkit.

Families receive \$200 - \$300 per family for their participation.

The toolkit and a self-guided family meeting are designed to help your family achieve the best possible care and support arrangement (that is, who does what, when, where and how) based on the following:

- a shared assessment of what's needed
- a negotiated set of goals (what you want for and from each other)
- a clear understanding of each other's capacities, limitations and preferences.

We know you'll find it interesting and we hope you'll find it helpful. *And*, your participation is sure to help other families.

What's involved?

We'll ask you and your willing family members (including the parent who needs care) to complete the short tools in the toolkit, hold your own family meeting, and participate in telephone or face-to-face individual interviews.

You'll have a chance to tell us whether the toolkit is helpful to you as you think and talk about the care and support arrangement in your family.

Your involvement would last no longer than 4 weeks, with a very short phone follow-up a few weeks after that. We hope to start at the end of May or beginning of June.

The researcher will come to you! No need to travel.

Is your family eligible? Your family is eligible if:

1. The parent (age 60+) needs help with at least one personal care task (such as bathing, dressing, grooming, etc.) **and/or** at least three instrumental tasks (such as housekeeping, meals, shopping, and transportation).
2. The parent who needs help does **not** have a diagnosis of dementia
3. The parent who needs help is living in the community (that is, not in a nursing home).
4. The parent has at least two family members: either a spouse/partner plus at least one adult child **OR** at least two adult children. (Adult children include step children and children-in-law. The children may live at a distance from the parent.)

If you would like to hear more or think you might like to participate, please email your name and contact information to Erin Kelly, Project Manager, at ofow@miamioh.edu **OR** call Kathryn McGrew, lead researcher, at 513-529-3880. We'll get right back to you!

Thank you for your interest!