



THE **B**ALANCE STUDY

Caring for an elder relative with dementia can be a stressful experience for family members. The Balance Study is looking at ways to help caregivers manage stress and maintain a healthy life balance.

The study is looking at two types of programs: **Community Caregiver Education and Support (CCES)** and **Mindfulness Based Stress Reduction (MBSR)**, both are 8-week courses led by experienced instructors in a group format of up to 18 people. Participants in the CCES course learn about a variety of important issues related to elder care and receive social and emotional support in a group discussion format. Participants in the MBSR course learn mindfulness meditation techniques and simple yoga exercises such as stretching.

 **HealthPartners**
Research Foundation

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THE **B**ALANCE STUDY

**BALANCING LIFE
AND REDUCING STRESS
FOR THOSE PROVIDING
ELDER CARE**

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WHO CAN PARTICIPATE?

Adults 21 years and older who are providing care for a family member with dementia and are experiencing stress related to caregiving.

Participants are eligible to receive some funds for study participation with additional funds available for low-income individuals needing help with respite care.

If you are interested in participating in the study or have any questions, please contact Dana McGree, study coordinator at 952-967-5031 or Dana.A.McGree@HealthPartners.com.

The Balance Study will run through 2009, all data collected will be kept strictly confidential.

WHAT DOES THE STUDY INVOLVE?

- Signing a consent form so you can participate
- Being willing to be randomized (like a coin toss) into either the CCES or MBSR group
- Attending an orientation meeting the week prior to starting the course
- Attending a weekly 2½-hour class in the Bloomington area for 8 weeks and a ½-day retreat toward the end of the 8 weeks
- Being willing to complete 4 surveys and have blood drawn at 3 points in time to look at how stress is affecting you physically and emotionally
- Maintaining a weekly Health Behaviors Calendar and receiving weekly support phone calls
- Completing regular assignments at home related to course materials

STUDY TEAM MEMBERS

Robin R. Whitebird PhD, MSW, Principal Investigator, Research Investigator, HealthPartners Research Foundation

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