



## Self-care while Caregiving Study

- Are you an older adult (age 60+) who is an informal caregiver?
- Are you interested in understanding how to potentially live an active and healthy lifestyle?
- If you answered yes to the two questions above, then this could be a great study for you!

### ✧ **Why Participate?**

- Physical activity has many preventive health benefits for older adults
- The purpose of this study is for us to understand the barriers and motivations among older adult caregivers so they can safely adopt a physically activity lifestyle
- We will use the findings to propose a remotely delivered physical activity program for caregivers to keep them active, and connected to other caregivers
- This is a minimum/low risk study that you can participate while at home!
- Your participation helps provide opportunities for IU students during the pandemic

### ✧ **What do I need to do in this study?**

- Complete an online survey for four consecutive months.
- Wear a physical activity level tracker (similar to a Fitbit monitor) for one week/month for four months

### ✧ **How do I participate/get more information?**

- **Email:** [prevmed@iu.edu](mailto:prevmed@iu.edu)
- **Phone number:** (317) 278-9598

