Project for persons with Mild Cognitive Impairment and their Family Member or Friends

What is the purpose of this study?

In this study, we provide the Reengagement in Daily Meaningful Activity Intervention for adults with mild cognitive impairment and their caregivers to find out the best way to help them to support each other to engage in meaningful activities and to cope with memory problems and evaluate how well it works to increase their health benefits.

Who can participate?

- An adult, aged 59 years or over, whom experiences mild cognitive impairment, is able to read and speak English, and being supported by an adult family member or friends who is also able to read and speak English can participate.

- “Mild cognitive impairment causes cognitive changes that are serious enough to be noticed to the person affected and to family members and friends, but do not affect the individual’s ability to carry out everyday activities.” (www.alz.org).

What does the project involve?

The project involves participating in a 3-month skill-building and health promotion program which includes 1 face-to-face session (or via phone or Zoom if preferred), and 7 telephone sessions all of which will be arranged for your convenience. During the face-to-face sessions you will meet with the research staff in a private location.

What are the benefits?

Taking part in a skill-building program can help participants learn about important things they can do to manage the symptoms of MCI and stay engaged in meaningful activity.

For more information or to volunteer to participate, contact:

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