

## **PARTICIPANTS NEEDED**

### **Caregiver Self-Management Needs through Skill-Building**

#### **What is the purpose of this research study?**

The purpose of this study is to try out a program for family caregivers of stroke survivors. The program is called the Telephone Assessment and Skill-Building Kit (TASK III). We are comparing the TASK III program with another program called the Information Support and Referral (ISR) program.

#### **Who will be in this research study?**

About 74 family caregivers of stroke survivors will take part in this study. Stroke family caregivers are family members or close friends caring for a person with stroke.

#### **What will you be asked to do in this research study, and how long will it take?**

You will be asked to take part in 3 data collection interviews (baseline, 8 weeks, 12 weeks) lasting about 60 minutes each. You will also be asked to take part in up to 9 TASK III or ISR calls with a nurse lasting about 15 to 60 minutes each based on your needs. All interviews and calls will be made using online videoconferencing or telephone based on your preference.

Caregivers will be randomized (like flipping a coin) to either the TASK III group or to the ISR group. The TASK III group will receive a TASK III Resource Guide that we developed, and the nurse will help you assess your needs and concerns, build your skills as a caregiver, and refer you to community resources. The ISR group will receive an American Heart Association brochure and the ISR nurse will provide information, support, and referral to community resources. In addition, you will receive a pedometer to track your daily steps.

#### **What will you get because of being in this research study?**

You will not be paid to take part in this study. You will be able to keep the pedometer and the TASK III or ISR materials given to you during the study.

#### **Who do you contact?**

To learn more about this research, contact Dr. Tamilyn Bakas at 513-558-2254 or by email at [tamilyn.bakas@uc.edu](mailto:tamilyn.bakas@uc.edu).