



JOHNS HOPKINS
MEDICINE

ADS
ADULT DAY SERVICES
PLUS

STRATEGIES
FOR BETTER
CAREGIVING

OPICA
SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

***Feeling overwhelmed? Concerned about the safety of your family member?
Unsure how to handle challenging behaviors?***

If your family member is part of **OPICA Adult Day Services & Counseling Center**, you may be eligible to participate in an exciting, national research study evaluating a *new* program, **Adult Day Plus**. This program is provided by OPICA, in collaboration with Johns Hopkins University and the University of Minnesota.

Adult Day Plus (ADS Plus) is a new program delivered by a Registered Nurse from *OPICA Adult Day Service & Counseling Center* to help families of persons with dementia manage daily care challenges and take care of yourself. Registration is starting immediately.

What does this study involve?

- *4 telephone interviews (baseline, 3-months, 6-months & 12-months) with research study staff from John Hopkins University. Each interview will take approximately 45 minutes at a time convenient to you*
- *Following the first telephone interview, you will talk by phone with the Registered Nurse at OPICA Adult Day Service & Counseling Center, who is trained in ADS Plus, to discuss your care concerns and develop a care plan*
- *Talk or email up to 8 times the first 3 months and then once a month with the Registered Nurse to reassess care concerns and address new care challenges*

Will this cost me anything?

- *Participation is FREE and voluntary* **How will I benefit?**
- *You will be paid \$15 for each completed telephone interview (up to \$60 total)*
- *You will receive on-going support and information based on your care concerns*

How do I learn more about this research study?

For registration and more information, you may contact the OPICA coordinator – **Carol Hahn, MSN, RN** at CVHRN@earthlink.net or 310-612-9064

Or you may contact the Johns Hopkins University Research team to learn more about this study – Katherine Marx at kmarz1@jhu.edu or 443-858-6269