

Free Online Workshop for Caregivers of People with Down Syndrome or Another Intellectual Disability Experiencing Memory Changes

Are You a Caregiver Experiencing These Challenges?

- Providing care for a family member with Down Syndrome or another intellectual disability (DS-ID)
- Noticing memory changes in your loved one as they age
- Finding yourself stressed or in need of resources and support

Earn up to
\$50
in gift cards

Overview of the Program

CarePRO Virtual DS-ID is a research-based workshop designed to help family caregivers:

- Understand dementia in individuals with DS-ID
- Learn how to manage stress, distress, and concerns
- Learn how to communicate with your loved ones and others
- Learn how to stay engaged and plan for the future



SCAN TO FILL OUT OUR CONTACT FORM



What Does Participation Include?

- Participation is voluntary
- 5 online group sessions (2.5 hours each)
- 5 individual coach calls (30 mins each)
- 2 brief, confidential interviews at the beginning and end of the program
 - Questions ask about your background, mood, and quality of life

How Will This Project Help Me?

- Gain personalized strategies to reduce stress and improve mood
- Strengthen communication and connection with your loved one
- Receive guidance for future planning and daily caregiving challenges
- Access practical tools and resources tailored to your unique needs

Learn More or Enroll

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