

# ADMIRE STUDY



## Exploring the Impact of Nutrition, Lifestyle, and Exercise on the Health of Dementia Patients and their Caregivers

This 8-week pilot study focuses on lifestyle support for care partners and persons with dementia. More specifically, in home and virtual support will be shared about nutrition, mild exercise, sleep, social connection, and stress management.

### Who Can Participate?

**Both care partner and person diagnosed with dementia.**

- **Care partners** are adults aged 18 or older who spend at least 20 hours a week caring for a person with dementia.
- **Persons with dementia** are aged 55 or older, diagnosed with mild to moderate dementia, and reside at home.
- **Both** need to be able to participate in light physical activity, have internet access at home, and not have a serious medical risk within the last five years.

### ADMIRE Study Details

- Two weekly one-hour physical activity sessions led by a health coach.
- Weekly 30-minute support session for pairs with a registered dietitian.
- One (1) virtual and two (2) at-home study visits.
- Compensation is available for participation.

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