



# *Interested in how dementia and nutrition intersect with caregiving?*

## **CONSIDER THE ADMIRE STUDY**

Nutrition plays an important role in disease prevention and brain health, but we don't know how the nutrition status of caregivers intersects with their care recipients. The ADMIRE study will help establish the nutrition status of caregivers, how it is related to the care recipient's nutrition status and help us discover how we could help both caregivers and care recipients.

### **ARE YOU...**

- / A caregiver (age 18 years or older) living with your care recipient who is diagnosed with dementia, responsible for food planning and able to complete an English questionnaire?

### **WHAT TO EXPECT:**

- / A registered dietitian will complete a brief, non-invasive physical exam of both the caregiver and care recipient. *Exams occur separately/privately and take about 30 minutes.*
- / There are multiple questionnaires about food and nutrition knowledge, history, and the caregiving experience. Most questionnaires are short, but all together will take approximately 2 hours to complete. *Questionnaires do not have to be completed all at once, they can be completed online later.*

*We need YOU to participate in this important study.*

