INFORMATION SHEET
A Proactive Health Monitoring Intervention for Dementia Caregivers: The eNeighbor
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Purpose. The purpose of this study is to determine whether the eNeighbor health monitoring system (a set of 5-6 motion tracking sensors that are placed in various parts of the home to track normal and unanticipated activities for the person with memory loss) allows persons with memory loss to live independently. Another objective is to determine if eNeighbor improves feelings of confidence and competence and reduces stress for family caregivers of persons with memory loss.

Expectations of participants. If eligible family caregivers agree to participate over the telephone and family members and persons with memory loss provide signed consent to participate, family caregivers will first be asked to complete a 60 minute survey (online, mail, telephone, or in-person survey based on the caregiver’s preference). This survey collects information about the family caregiver and the person with memory loss. After completion of this first survey, caregivers and their relatives with memory loss will be randomly assigned, like the flip of a coin (50/50 chance) to either receive the eNeighbor system or enter the usual care group. Caregivers and persons with memory loss who receive eNeighbor have the opportunity to use the remote health monitoring system for free for 18 months (a value of approximately $4,000). Those in the usual care group will not receive the eNeighbor system for 18 months. All participants will be asked to complete 3 additional follow-up surveys: at 6-, 12-, and 18-months following enrollment. Participants in the eNeighbor group will also be asked additional open-ended questions at 6-, 12-, and 18-months asking about what works well about eNeighbor.

Risks and benefits. Since the study involves no invasive procedures, we do not anticipate any physical risks to the family caregiver or the person with memory loss. The consideration of need is potentially stressful, and thus there may be some possible psychological risks to the family member or person with memory. The potential social or legal risks to the family caregiver or the person with memory loss relate only to possible violations of confidentiality. Given our data security procedures, we believe such risks are highly unlikely. We also believe participation in the eNeighbor evaluation will yield benefits for participants. Utilization of the eNeighbor remote sensor technology will provide caregivers with the ability to identify and monitor changes in activities of daily living that may allow the person with memory loss to live independently and also result in reduced distress for family caregivers.

How to obtain more information if interested. Please contact Dr. Joe Gaugler, University of Minnesota, at email: gaug0015@umn.edu or telephone: 612-626-2485 at any time to learn more about the project.

Confidentiality statement. Participation in this study is completely voluntary. All information collected as part of the research study will be kept strictly confidential.