Purpose
The purpose of this study is to evaluate how and why the Residential Care Transition Module (RCTM) helps families adjust to admitting a relative to a residential care facility. The RCTM provides 6 face-to-face, telephone-based, or secure web-conference support sessions with family members over a 4-month period.

Expectations of participants
If eligible family caregivers agree to participate over the telephone and family members 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 RCTM or enter the usual care group. Those in the usual care group will not receive the RCTM. All participants will be asked to complete 3 additional follow-up surveys: at 4-, 8-, and 12-months following enrollment. Participants in the RCTM group will also be asked additional open-ended questions at 4-, 8-, and 12-months asking about what works well about the RCTM. We may also ask those who received the RCTM to complete a brief, open-ended interview for about 60 minutes following completion of the 12-month survey. All who participate will be paid $25 at the conclusion of each initial, 4 month, 8 month, and 1 year survey completed.

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 loss. 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 RCTM will yield benefits for participants. The multi-session counseling involved in the RCTM may provide family caregivers with the information and psychosocial support needed to more successfully navigate the residential care placement transition. This may reduce feelings of emotional and psychological distress.

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.