



CENTER *for*  
**BRAINHEALTH**®  
THE UNIVERSITY OF TEXAS AT DALLAS



## Are you the primary caregiver for someone with Alzheimer's or other dementia?

Not surprisingly, a caregiver's own health often takes a back seat to supporting the person with a diagnosis of dementia.

The stresses of caregiving amplify the value of paying attention to your own brain health. Learn to be more effective at taking care of your needs, and you'll also be a better caregiver.

## Join an online study available for caregivers

Participate in a 6-month, online research study, offering professional-quality, video-based training. This study will measure the impact caregivers experience from our cognitive training. Participants receive two BrainHealth Index assessments (pre- and post-training), online training and live coaching, customized to support the challenges of caregiving.

### How it works



Get your BrainHealth Index  
(pre- and post-training)



Meet 3 times with a  
BrainHealth coach



Gain access to ongoing  
BrainHealth training and habits



Join us!  
Scan QR code or go to:  
[centerforbrainhealth.org/caregivers-study](https://centerforbrainhealth.org/caregivers-study)

More information or questions?  
Contact Audette Rackley at  
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This study is conducted under the auspices of the Center for BrainHealth at The University of Texas at Dallas, whose cognitive neuroscience experts are at the forefront of the science unlocking human potential through improved brain health and performance. More at [CenterforBrainHealth.org](https://CenterforBrainHealth.org)