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.

This six-month online study is part of a larger initiative known as The BrainHealth® Project, a longitudinal study focused on identifying determinants of brain health.

Participants receive two BrainHealth Index assessments (pre- and post- training), online training, and virtual coaching with a BrainHealth professional trained Alzheimer's. Your coach will help translate training concepts and strategies to support challenges that come with 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

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