

VOLUNTEERS NEEDED FOR A RESEARCH STUDY

Educational Program to Help Caregivers of Stroke Survivors

Aims: This program aims to help improve adult caregivers of stroke survivor's ability to care for their stroke survivors with their daily needs.

Location: Completely online via data encrypted Zoom

Who we are looking for: English speaking adults over the age of 18 within the United States of America who will be, or currently are taking care of an individual who recently had a stroke. This does not need to be a family member. The stroke survivor must currently be in a sub-acute rehabilitation center receiving therapy, or already living within the community.

Length: 10, one-hour sessions, once per week over the course of 10 weeks.

Details: Each session will cover different topics which are important for caregivers to understand in order to best engage in their new role. Topics will include but are not limited to: bathing, toileting, dressing, transfers, and personal wellbeing.

Goals: By the end of this study, participants should be more educated and confident in their caregiving ability. This will be measured using demographic information and qualitative/quantitative pre and posttest measures.

Primary Investigator: Lenin Grajo, PhD, OTR/L

Investigator: Katherine Dimitropoulou, PhD, OTR/L, MSPOR

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If you have **questions** feel free to reach out to Joshua Gladstein at jsg2218@cucmc.columbia.edu