

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

VIRTUAL FAMILY CAREGIVER RESEARCH STUDY

- Ages 50 and up
- Free Fitbit and resistance bands provided
- Compensation up to \$200

See next page for more information!

**12-WEEK EXERCISE STUDY
FOR THOSE WHO PROVIDE
CARE FOR INDIVIDUALS
WITH HEART FAILURE**

WHAT IS THE RESEARCH STUDY ABOUT?

This study aims to improve the physical and mental health of family caregivers. All study activities may be completed via Zoom.

WHAT HAPPENS IF I JOIN?

Enrolled participants will be placed in one of two groups: Intervention group or Control group.

Intervention group participants will receive 1-3 exercise sessions per week over the course of 12 weeks.

Control group participants will receive 3 text messages per week over the course of 12 weeks.

Both groups will be asked to complete survey questionnaires.

DO I QUALIFY?

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**YOU MAY QUALIFY IF YOU ANSWER
“YES” TO ALL OF THE
FOLLOWING QUESTIONS**

- 1) Are you currently involved in caring for a household member aged 50 years or older with heart failure?*
- 2) Do you exercise less than 2 hours per week?*
- 3) Have you provided at least 8 hours/week of unpaid care, involving assisting the patient with activities of daily living and/or medical tasks, for the past 3 months?*

CONTACT ONE OF OUR RESEARCH COORDINATORS BELOW TO ENROLL

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