

We want to thank you for sharing your experiences with us! Your participation in our research is helping us learn how to best support Latino and Hispanic caregivers of older relatives living with memory problems.

Here is what we have learned so far from our study!

Currently, there are **76** caregivers in the Nuestros Días study. 88% of caregivers in the study are women and 12% are men!

Participants in the study represent diverse Hispanic or Latino backgrounds!

37% are Puerto Rican

25% are Mexican, Mexican American, or Chicano

21% are South American

7% are Cuban

4% are Central American

Contact us!!

Email:

starlab@uab.edu

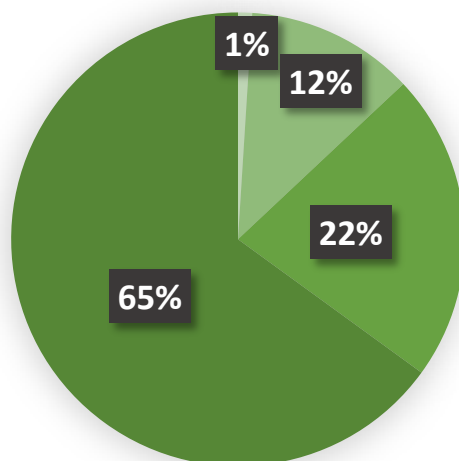
Phone – English:

(205) 996 - 0364

Phone – Spanish:

(205) 996 - 0339

Years Caring for Relative



■ 1 to 6 months ■ 6 to 12 months ■ 1 to 2 years ■ 3 or more years



34% of caregivers are **working full-time**, **23%** **stopped working due to caregiving**, **22%** are **retired** and **7%** stopped working due to chronic illness.

Most of the relatives receiving care have the following **diagnoses**:

1. Alzheimer's Disease
2. Dementia
3. Lewy Body dementia

59% of caregivers were provide care to a parent, **24%** to a spouse and **19%** to other relatives like grandparents or in-laws.

ACTIVITIES AT HOME

PLANNING THE DAY FOR A PERSON LIVING WITH MIDDLE- OR LATE-STAGE ALZHEIMER'S

The Alzheimer's Association has a great article for insight of what to do with your loved one while at home for the day. The full article is attached to this newsletter. Here is just a summary of some of the activities you can do together with your relative.

TYPES OF ACTIVITIES

Household: Dusting, sweeping, doing laundry.

Mealtime: Preparing food, cooking, eating.

Personal care: Bathing, shaving, dressing.

Creative: Painting, playing the piano.

Intellectual: Reading a book, doing puzzles.

Physical: Taking a walk, playing catch.

Social: Having coffee, talking, playing cards.

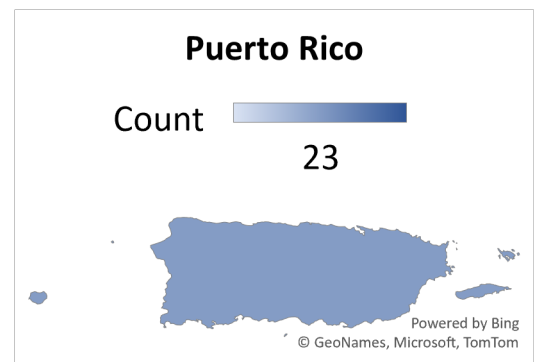
Spiritual: Praying, singing a hymn.

Spontaneous: Visiting friends, dining out.

Work-related: Making notes, fixing something.

LAB MEMBER SPOTLIGHT

I am Elisha Underwood and I work as a clinical research coordinator for the Stress Aging and Resilience (StAR) Lab I love working with the community and am passionate about advocating for mental health. In 2024, my goal is to help establish more mental health resources for our participants and build new relationships with community partners.



Where Do You Fall on The Map?

We are so grateful to have wonderful participation from all around the United States and Puerto Rico! So far, we have the most participants from Puerto Rico, Florida, and Texas! Have a friend who is a caregiver in your state? Tell them to contact us!

