

Research Study: Promoting Brain Health for People with Developmental Disabilities and their Families

Looking for ways to keep your brain healthy and strong?

You are invited to take part in a research study, to promote the brain health of older Canadian adults with intellectual and/or developmental disabilities and their families.

Research entitled: Promoting brain health: A national capacity building project for aging adults with intellectual or developmental disabilities, family caregivers and service providers

WHO CAN BE IN THIS STUDY?

- You are a family caregiver aged 60 years or older caring for an adult with an intellectual and/or developmental disability

OR

- You are a family caregiver (any age) caring for an adult with an intellectual and/or developmental disability who is aged 40 years or older

AND

- You live in Canada
- You have internet access and a computer or phone

WHAT WOULD I DO IN THE STUDY?

- Attend a 6-week online course on brain health with other family caregivers
- Fill out questionnaires before the course, at the end of the course, and 14 weeks after the course is over
- Gift card provided for participating in the study

HOW CAN I GET INVOLVED?

- Fill out this form <https://redcap.link/9uja13v6>
- If you would like assistance or have questions, please contact us

CONTACT US

- **Email:** brainhealthIDD@camh.ca
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