

I'm still me! Living with dementia
Participants wanted for phone-based study
We will create your own personal Life Story Book

Older persons often have a rich life to draw on, and often enjoy thinking about their past. A range of reminiscence activities have been implemented for older persons - including people with dementia. The use of reminiscence activities in dementia is based on the idea that maintaining a core set of important personal memories is crucial for maintaining a sense of being the same person despite the disease. The current study compares reactions to a remote (i.e., phone and online) guided reminiscence activity with a waitlist control condition in persons with early-stage dementia. With this study, we work with individuals and a family member/friend, aiming to help individuals maintain a sense of 'being themselves' despite dementia.

A benefit of this project during Covid-19, with its resultant social isolation, is that it is conducted completely remotely, that is, delivered by telephone and online. It thereby provides a fun and social-bonding activity for people with dementia and their family member/friend while at home.

Sixty persons with early-moderate dementia each with one family member/friend will be recruited for participation. Participants will work with a research assistant to create a personal digital Life Story Book. The book will be created remotely and include personal photos and favorite music. The participant will be sent their own digital Life Story Book and instructed to go through the book once every day for 14 consecutive days. This should be a pleasurable activity to engage in alone or with the family member/friend. For experimental purposes there will be a wait-list control group who will complete study measures. After the study, the participants will also create digital Life Story Books to keep and share with their loved ones.

For all participants with dementia and their caregivers, regardless of condition, there will be four study sessions, all conducted by phone by a trained research assistant. During these sessions, participants will be asked to complete electronic questionnaires (click here to read more about the study: <https://lifestorylab.psych.ufl.edu/life-story-book/>)

Risks and benefits

- The person with dementia and the family member/friend will be offered \$60 as a participant Dyad following study completion.
- All participants will receive a digital Life Story Book to keep and, if they wish, to share with others.
- Potential risks are minimal. It is unlikely that the participants will experience negative emotions as a result of recalling memories since they will be asked to focus on positive memories. Should this happen against expectations, they will be offered consultation with the research team. Both informal caregivers and participants are free to withdraw their consent and stop participating in the study at any time without consequences. If so, their confidential data will be deleted by their request.

Want to know more?

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