

DO YOU LIVE WITH DEMENTIA, or care with someone living with dementia?

The University of Melbourne is currently running a international research study trial called **HOMESIDE**. **HOMESIDE** investigates the effects of music and reading activities for people living with dementia and their family caregivers.

The interventions are designed to be personalised to each person's preferences and needs, and delivered by the family caregivers, who are trained and supported by health professionals throughout the 6-month study. It is hoped that the interventions will offer opportunities for people with dementia and their family caregivers to share meaningful moments together and give caregivers tools that can help in the care and management of their loved ones.

WHO IS THE STUDY FOR?

This study is for people living with dementia and their family (or informal) caregivers. You can participate in the study if:

- You or your loved one has a diagnosis of dementia OR significant memory problems
- You are or you have a family caregiver
- You live together at home

DURING THE HOMESIDE PROJECT:

- Everything will take place face-to- face (via an online mode)
- You will participate in the study for 6 months
- You will receive training from experienced professionals to use music or reading activities at home
- You both will be asked to fill out questionnaires at 3 time points

THE MUSIC AND READING PROGRAMS WILL:

- Be tailored to your individual preferences and needs
- Offer opportunities to share meaningful moments together
- Support you to use reading and music in your daily life
- Offer opportunities to sing together, to listen to music and stories, to dance, to play music, to read, and to communicate with each other

TO FIND OUT MORE ABOUT PARTICIPATING contact The University of Melbourne -

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