We are interested in helping caregivers, whose spouses have Alzheimer’s disease, live happier and healthier lives.

We understand that caring for your loved one can be challenging at times and therefore you might need some help.

The purpose of our study is to help caregivers cope with the challenges that arise from caring for their loved ones.

UC San Diego
Stein Clinical Research Building
9500 Gilman Drive, Suite 249
La Jolla, CA 92093-0680

psychiatry.ucsd.edu/research/alzcare

To schedule an appointment please call:

Jean-Loup Bitterlin
Program Coordinator
(858) 534-9479
Our Study

- We are interested in investigating if providing caregivers with coping tools will lower physiological markers related to heart disease.
- Our past research has shown that caregivers are at higher risk of heart related diseases than their counterparts.

Thus...

- Our staff will to teach you ways to manage your stress.
- They will be able to visit you at your home at no cost.
- They will check your cardiovascular system and provide you with your lab results at no cost.

Eligibility

Here are some general criteria to determine if you qualify:

- You must be the spouse of someone with Alzheimer's and you must be living with them
- You must be 55 years or older
- No serious mental illness
- No history of stroke or heart attack

If you meet these criteria and this study is of interest to you please contact our staff at (858) 534-9479

Have you experienced any of the following?

- Your loved one requires more assistance with personal care.
- You find that the time spent and energy caring for your loved one has increased.
- Caring for your loved one is taking a toll on your physical and emotional state.
- You find yourself increasingly exhausted and irritable.

If any of these apply - The Alzheimer’s Caregiver Study may be able to help.