

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action



ARE YOU OR A LOVED ONE EXPERIENCING MEMORY LOSS OR DIFFICULTY REMEMBERING?

This innovative program may help you!

Aging with Pride: IDEA is a free problem-solving and exercise program designed to improve the well-being and health of older adults experiencing memory loss and the people who help them. Either the person with memory loss and/or the caregiver needs to be LGBTQ. The program includes nine in-person sessions with a coach over 6 weeks, with five phone interviews over 13 months. You will be compensated for your time. The study is being conducted in Seattle, San Francisco, and Los Angeles. Community partners include GenPRIDE, Openhouse, Family Caregiver Alliance, and LA LGBT Center.

**If you know an LGBTQ person who might be interested
contact us at 1-888-655-6646 or ageIDEA@uw.edu**

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