

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action



**ARE YOU OR SOMEONE YOU KNOW EXPERIENCING
MEMORY LOSS?**

You will receive \$125 for your time.

**This innovative program may help you and is being
offered virtually using easy video chatting!**

Aging with Pride: IDEA is a free problem-solving and low-impact 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 or the caregiver needs to be LGBTQ. The program includes nine virtual sessions with a coach over 6 weeks, with five phone interviews over 13 months.

Contact us at 1-888-655-6646 or ageIDEA@uw.edu

The study is being conducted in Washington, Oregon, and California.

Community partners include GenPRIDE, Openhouse, Family Caregiver Alliance, and LA LGBT Center.