

## DO YOU LOOK AFTER A FAMILY MEMBER OR FRIEND WHO HAS DEMENTIA? DO YOU SPEAK URDU?

### PARTICIPATE IN A RESEARCH STUDY!



#### WHO CAN PARTICIPATE?

- Do you speak and read Urdu?
- Are you an unpaid carer for someone with dementia?
- Are you aged over 18?
- Do you live in the U.K?
- Do you ever experience distress or anxiety related to being a carer?
- Do you have access to the internet?



#### WHAT IS IT ABOUT?

- "iSupport" is an online self-help intervention developed by the World Health Organisation (WHO) to help carers of people with dementia to learn about dementia, how to manage it, and how to take care of themselves.



- We have translated iSupport into Urdu and are seeking volunteers to use the online manual and tell us about their experiences.

**Please contact Banika Ahuja,**  
trainee clinical psychologist at UCL  
for more information about taking part  
in our research study.

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