



**Cleveland Clinic Lou Ruvo Center for Brain Health**  
**888 W. Bonneville Avenue**  
**Las Vegas, NV 89106**

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**Project Description: New York University Caregiver Intervention**

**Evidence-based Solution & Project Description:** This program will establish the NYU Caregiver Intervention (NYUCI) through its highly specialized clinical center. The intervention includes six sessions of individual and family counseling, followed by support group participation, and additional ad hoc counseling by telephone for the primary caregiver and family members. Dr. Mary Mittelman will provide technical assistance and staff training for the program.

**Community-Based Organization:** The Lou Ruvo Brain Institute is dedicated to the conquest of Alzheimer, Huntington, Parkinson, Amyotrophic Lateral Sclerosis (ALS), and all forms of memory disorders. Ultimately, the aim is to prevent the disabling symptoms of chronic brain diseases and to prolong healthy, vital aging in people at risk for dementia or memory impairments. The Institute is a non-profit organization working as the medical-scientific affiliate of Keep Memory Alive (KMA), also a Nevada-based, 501 (c) (3) organization. KMA and LRBI are devoted to the promotion of healthy vital aging for all citizens of Nevada, and seek to enhance the quality of life for the growing number of people with cognitive impairments or dementia.

**Target Population:** This program will target spousal caregivers of individuals with Alzheimer's disease throughout the state of Nevada. Approximately 20 – 30 families will receive the NYU Caregiver Intervention in the first year of the project. Year one outcomes will primarily focus on issues of implementation and ensuring fidelity. This will include translating all of the protocol forms and materials used in the original model, training staff, establishing a process for regular and ongoing supervision and monitoring. Expected outcomes for the caregivers participating in the project are reduced depressive symptoms, decreased time to institutionalization, and reduced caregiver reactions to patient behavioral problems.