



Are you caring for an older adult?

The 4Ms-Caregiver Intervention can help!

What is the purpose of this study?

The purpose of this study is to explore the impact the 4Ms-Caregiver intervention has on caregivers. The 4Ms-Caregiver Intervention supports caregivers, who are caring for someone 65 years and older, determine how ready, willing, and able they are to provide care, make plans based on What Matters to them and the person they care for, and incorporate services and resources to enhance their health and wellbeing.

What will the study involve?

Caregivers will take part in a “Getting to Know You” meeting. This is a one-hour structured interview with a clinician and the development of an agreed-upon care plan. Caregivers will take part in 2 phone evaluation meetings (one hour each) one month and three months after finishing with the services outlined in the care plan.

What are the criteria to participate?

- Age 18 or older
- Provide unpaid care for an adult age 65 or older
- Speak English
- Able to participate via telephone or in person

This study was funded by The John A. Hartford Foundation.



Peconic Bay Medical Center
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For more information or to volunteer to participate, please call (631) 548-6259 or email Noelle Roth at nroth4@northwell.edu