



Are you a carer of somebody living with dementia?

What is the CareFit Study?

CareFit is a smartphone based app designed to support carers starting out in physical activity

Who are we looking for?

- Are you living in Scotland and aged 18 and over?
- Are you thinking about or preparing to undertake physical activity?
- Do you have the ability to undertake simple exercises such as arm raises or stretching?
- Do you have access to the internet and have an Android or Apple smartphone?
- Are you comfortable reading and writing in English?



Participants will be given a £20 shopping voucher as a thank you after completing this study

What would I be doing?

- We are looking for unpaid carers to try out the new app for 8 weeks*
- We are exploring experiences of how well CareFit works for carers of people with dementia
- All participants will receive access to the app and will be given a number of opportunities to feedback your thoughts on the approach

Further information

This study has received ethical approval from Bangor University and the University of Strathclyde

For more information and to join the study contact:

Email carefit-project@strath.ac.uk or phone **0141 548 5979**

* Please note this study is not designed for anyone advised by a clinician not to undertake physical activity or make any change in their present level of exercise

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