



# SHAPE

Online **S**elf-management and **H**e**A**lth **P**romotion in early-stage dementia with **E**-learning for carers



**What is SHAPE:** New group-based online educational programme that combines approaches of self-management and health promotion to improve quality of life, well-being, and health outcomes in people with dementia and their care partners

**Who can take part:** People with mild to moderate dementia, over the age of 65, with a care partner who is willing to participate

**Programme:** Participants will be randomly assigned to one of two research groups, involving either the online programme (intervention) or no programme (treatment as usual). The online programme involves one, two-hour session per week for 10 weeks, to discuss how to improve your health and what to expect as your diagnosis progresses.

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