We are looking for persons with early stage dementia and their caregivers who may be interested in learning mindfulness practices, taking this programme as an opportunity to integrate mindfulness in their lives, while earning some vouchers. We will provide 80 pounds of marks and spencer vouchers (UK) for each pair who takes part. The research team has developed mindfulness activities on Alexa and are looking for 10 pairs of participants (persons with early stage dementia and their caregiver) to participate. An occupational therapist would do a virtual cognitive assessment to determine early stage dementia.  
  
The feasibility study has few requirements, which mainly involves doing a 10 minute mindfulness activity daily, as a pair, before answering a few questions. There would also be assessments and interviews before and after the study to help understand user preferences and the effects of the activities on their stress, worries, sense of control, and relatedness with each other.

**Caregiver**

An informal caregiver is defined as an unpaid individual who has a significant personal relationship with the person with whom he/she is living and who assists that person with the activities of daily living.

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| **Inclusion Criteria:** | **Exclusion Criteria:** |
| i.Have to be 18 years or older  ii.Be the primary caregiver of an individual with a dementia diagnosis (early stage of any type)  iii.Have provided care for at least three months before recruitment  iv.Have to be able to know how to use Alexa or equivalent  v.Communicates in English  vi.Has Wi-fi connection at home  vii. Have to be able to know how to use digital conferencing tool Microsoft Teams (for participants taking part virtually) | i.Has hearing difficulties  ii.Practices mindfulness regularly |

**Person with Dementia**

|  |  |
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| **Inclusion Criteria:** | **Exclusion Criteria:** |
| i.Have to be 18 years or older  ii.Have dementia (early stage of any type)  iii.Are able to consent for themselves  iv.Have to be able to know how to use Alexa or equivalent  v.Communicates in English  vi.Has Wi-fi connection at home  vii. Have to be able to know how to use digital conferencing tool Microsoft Teams (for participants taking part virtually) | i.Has hallucinations  ii.Has hearing difficulties  iii.Practices mindfulness regularly |

Please contact Cassandra Seah (PhD student) if you are interested.  
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