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# Join the MIT AgeLab Caregiver Panel!

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The MIT AgeLab is building an online caregiver panel to learn about your experiences and thoughts as a caregiver. If you are currently providing care to an adult family member, you may qualify to be a member of our panel.

Once you join the panel, you will be entered into a raffle for one of 100 \$25 Amazon.com gift cards. You will be contacted approximately every other month with brief online surveys about various aspects of your life as a caregiver. You will be entered into a raffle for gift cards after each survey completion. Additionally, there may be opportunities to participate in interviews, focus group and panel discussions.

<https://tinyurl.com/mitcaregiving>



Please share this with your friends, family or colleagues who are also providing care to an adult family member.

Your contribution will help advance our understanding of caregiving and improve the quality of life for caregivers. Please email [mit-caregiving@mit.edu](mailto:mit-caregiving@mit.edu) if you have any questions.

