

LEAF: Life Enhancing Activities for Family Caregivers

Do you care for someone with Alzheimer's Disease?

Many family caregivers of people with Alzheimer's Disease experience physical and emotional changes as a result of their caregiving. Research shows that increasing one's levels of positive emotion can lower stress and increase the ability to cope with existing stress. We are interested in the effects of applying these techniques with Alzheimer's family caregivers.



Who is eligible to participate?

If you are the primary caregiver of a person diagnosed with Alzheimer's Disease and have access to a reliable Wi-Fi internet connection, you may be eligible!

What does the LEAF Study involve?

Participating in the LEAF study involves:

- Taking part in a positive emotions building study program via:
 - Six (6) weekly hour-long video sessions with a facilitator OR a 6-week self-guided online program (you would be randomly chosen for video sessions or the online program)
- Nightly home practice to reinforce the skills
- Online surveys

How can I join?

- Visit us at: <http://leafstudy.ucsf.edu> and fill out our eligibility survey
- Email us at: LEAFstudy@northwestern.edu
- Call us at: 415-514-2935 (Pacific time) or 312-503-5247 (Central time)