



Are you a family caregiver of someone with dementia?

Participate in **Life Enhancing Activities for Family Caregivers (LEAF):** a study for family caregivers.

Why Participate?

Receive a series of one-on-one meetings with a facilitator to learn skills to better manage your stress.

Participate from the comfort of your own home via video-conferencing on a tablet computer that LEAF will supply to you.

Contribute to research to help others who will cope with family caregiving in the future.

Why is the LEAF study being conducted?

To look at what's effective in helping caregivers cope with the stresses of caring for people with dementia.

Who can participate in the LEAF study?

If you are the family caregiver of someone with dementia and have access to a wireless internet connection, you may be able to participate.

To find out more or to see if you're eligible, call us at: **(415) 514-2935** or email: LEAF@ucsf.edu



A project of UCSF Dept. of Physiological Nursing, The Osher Center for Integrative Medicine, and the Memory and Aging Center. Principal Investigator: Dr. Glenna Dowling

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