

LEAF: Life Enhancing Activities for Family Caregivers



If you take care of a family member with **Alzheimer's Disease**, you probably already know that this can be a demanding, stressful job. Family caregivers often suffer with higher levels of stress, anxiety, depression, and impaired physical health, and many provide care with little or no support.

Researchers at UCSF and Northwestern University are testing a program for **family caregivers of people with Alzheimer's Disease** designed to **increase levels of positive emotion**, which in turn can **help lower stress and support ways of coping** with the stresses of caregiving.

We are seeking caregiving adults nationwide to participate in the LEAF Study. English-speaking participants **with access to wifi internet** will receive a positive-emotions building program and a tablet computer the study will supply to you. Because the program is conducted online, **caregivers can participate from wherever they are** in the USA. Participants will take part in an hour-long learning session once a week for six weeks, plus home practice activities and online surveys.

LEAF is funded by a grant from the National Institute on Aging (division of the National Institutes of Health).

© 2014 The Regents of the University of California

Source URL: <https://leafstudy.ucsf.edu/leaf-life-enhancing-activities-family-caregivers>