



# Caregiving can be stressful.



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If you care for a loved one with Dementia with Lewy Bodies (including Parkinson's Disease Dementia), you could be eligible for the **LEAF Study**. Researchers at the University of Rochester are testing an online positive emotion skill-building program to help caregivers cope with stress.

This study is led by Dr. Benzi Kluger at the University of Rochester. LEAF is supported by the National Institute on Aging, a division of the National Institutes of Health (NIH).

Six weekly skill-building sessions are delivered online via videoconferencing with a facilitator or through self-guided online lessons. Participants will receive a study-supplied tablet to connect to wireless internet, and can participate from a location of their choice.

The LEAF program is delivered remotely and does not require in person contact. For more information or to see if you are eligible to participate, please contact us and mention "LEAF Study."

## **The LEAF Study**

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**Ready to get started?:** contact the email above!!