ALZHEIMER'S DISEASE & DEMENTIA RESEARCH CENTER

ACT for Caregivers



ACT stands for Acceptance and Commitment Therapy which is a common therapuetic intervention for individuals facing stressful situations. ACT for Caregivers is a web-based self-guided program developed by Dr. Beth Fauth, Dr. Mike Levin, and others at USU. A study of ACT for caregivers, led by Dr. Audry Juhasz and conducted by student Jacob Gossner is under way. Dementia caregivers learn about dementia and the various ways to cope with the stresses that come with being a caregiver. The goal of this study is to make this program available for public use to dementia caregivers to improve their own quality of life while learning to cope well with a difficult situation.



To learn more about qualifying criteria and who to contact please scan QR code.

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