

ARE YOU CARING FOR SOMEONE WITH ALZHEIMER'S or DEMENTIA?

ACT for Caregivers is a web-based self-training program where caregivers learn about dementia, learn to cope with distress, and practice focusing on doing what matters.



IRB protocol #13040

Learn research-based skills to manage stress

Complete the course in 30 days or less

Work at your own pace on your own computer

ACT

FOR CAREGIVERS

UtahStateUniversity.

To participate you must be:

- Caring for someone with Alzheimer's disease, dementia, or memory loss, even if you don't live with them
- Over 18 years old
- Read and write English
- Live in the United States
- Have access to a computer, smartphone, or tablet with internet
- You will be asked about distress you feel from your role as a caregiver, and if are interested in an online self-guided program

How much time will it take?

- Modules take 30 minutes per week 1-2 times per week for about 4 weeks
- Online surveys take 30 minutes each 3-4 times
- Two optional phone or Zoom interviews take 60 minutes each (interviews are by invitation; not all who are interested will be selected)

Earn up to \$100 in Amazon Gift Cards:

Complete 2 online surveys = \$25

Complete 3-4 online surveys = \$25

Complete 1 interview 30 days after starting the course = \$25

Complete course in 30 days & an interview 6-weeks later = \$25

**Contact Research Coordinator Jacob Gossner at
435-797-1715 or email ACTforCaregivers@usu.edu**

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