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.

Learn research-based skills to manage stress

Complete the program in 30 days or less

Work at your own pace on your own computer

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

To learn more about participating, contact our team at 435-797-1715 or email ACTforCaregivers@usu.edu

Contact Dr. Audrey Juhasz with questions or concerns about recruitment ● (435) 797-1594 ● Audrey.J@usu.edu