



# Caregiving can be stressful.

---

If you care for a loved one with Dementia with Lewy Bodies (including Parkinson's Disease Dementia), you could be eligible for the **Social-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. Social-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 Social-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 "Social-LEAF Study."

## **The Social-LEAF Study**

**Email:** [social-leaf@urmc.rochester.edu](mailto:social-leaf@urmc.rochester.edu)

**Phone:** (585) 371-8446

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



**Social-LEAF**