

MEMORY CARE CONNECTIONS...Support for Spousal Caregivers

Caring for a spouse with Alzheimer's disease or other related dementia can be challenging without support.



Research has found that the **Memory Care Connections** program can reduce your stress and increase family support as you care for your spouse living with Alzheimer's disease or other related dementia.

The goal of the **Memory Care Connections** program is to provide knowledge and support to people caring for their family member with dementia. When family caregivers receive the support and services they need, the person with dementia also benefits.

Programs like **Memory Care Connections** have been shown to be effective in delaying the need for nursing home care.

Memory Care Connections is a program for caregivers living with a family member with Alzheimer's disease or other related dementia.

To participate, you need to:

- Be a resident of Jefferson county.
- Be open to sharing your experiences in caring for a family member.
- Attend five to seven sessions with a Memory Care Connections Consultant.
- Have at least one family member or friend participate in three to five of the sessions with you.
- Consider attending a caregiver support group.

A **Dementia Care Specialist** is available to help guide you in making a decision to enroll in the program, or to provide you with a consultation to learn more about dementia, resources and support available throughout Jefferson County.

The **Dementia Care Specialist** will:

- Assess your situation and discuss your concerns.
- Help you and your family understand Alzheimer's disease and related dementias and how the disease may progress over time.
- Work with you and your family on developing a plan that supports you.
- Discuss strategies, provide coping tools and problem solving skills that will help reduce stress.
- Assist you in obtaining community resources and supportive services.

Please call us today!