

# DEMENTIA SUPPORT GROUP



Addressing the unique concerns of caregivers and families of individuals who suffer from Alzheimer's Disease and related dementia disorders.

## 1<sup>st</sup> WEDNESDAY OF EACH MONTH 4:00PM

Group meetings are an effort to provide caregivers with an ongoing opportunity to exchange support and encouragement as they assume the demanding task of caring for individuals who experience the physical, intellectual, and behavioral changes associated with Alzheimer's Disease.

Facilitated by a trained Alzheimer's Association volunteer who is also a Certified Dementia Practitioner, Certified Activity Professional, and Certified Dementia Support Group Facilitator.

### TOPICS INCLUDE

- ▶ A listening ear for how dementia impacts you, your loved ones, and family life.
- ▶ Recognize that caregivers are not alone and how others cope with dementia in their family life.
- ▶ Explore difficult behaviors and possible responses.
- ▶ Caregiver respite time; fellowship with others.
- ▶ Validation Therapy vs. Reality Orientation.
- ▶ Dementia's effect on verbalizing feelings.
- ▶ Tips for responding to repetitive behaviors.
- ▶ Handling family gatherings and holidays.
- ▶ How depression impacts dementia.
- ▶ An opportunity to explore other types of dementia and behavior changes.
- ▶ Additional topics, as the group desires.



Meetings are held at Grace Church. For more information, please contact the church office or Marty Doring MA, CHE, ADC, CDP, CDSGF at (989) 498-9738.