

## **Free Program for Alzheimer's or Dementia Caregivers**

Most people don't know a great deal about Alzheimer's Disease and dementia and they know even less about the special skills that are needed to meet the challenges associated with caregiving. Pamphlets, brochures, even books are available on the subject, but sorting through it all to find the information you need takes time you may not have. Wouldn't it be wonderful to have someone meet with you and talk specifically about your situation, your strengths, your challenges? Receiving the information and tools you need to care for yourself while you give the best care to your loved one can make all the difference. Georgia REACH offers this level of support.

Caring for a dementia patient can be very stressful and can bring up many different feelings. Along with stress, caregivers may feel anxious or uncertain about what to do for their loved one. Caregivers may need some help understanding how the disease is going to affect their lives or what to expect in the future. They may have difficulty finding time for themselves, or need help finding community resources. Georgia REACH can help with all of these things.

Families are provided with:

- Information on Alzheimer's and dementia
- Training on skills to manage care
- Tips on dealing with problems behaviors like wandering, repetitive questioning, and agitation
- Suggestions on finding time to care for themselves
- Information on services and supports available to them
- Quick and easy stress management techniques
- Opportunities to meet other families in similar situations
- A caregiver notebook

This program has been serving the Sumter County area for over a year and has included the following counties: Crisp, Dooly, Macon, Marion, Schley, Sumter, Taylor, and Webster. As of January 2010, this program also serves the Muscogee County area.

If you or someone you know is a caregiver of someone with Alzheimer's disease or dementia, you may qualify for this totally FREE and CONFIDENTIAL program provided through the Rosalynn Carter Institute. Just call 229-928-1234 or 229-931-2238 to inquire about the Georgia REACH program.