

Family Caregiver Program

GUIDANCE AND SUPPORT FOR FAMILY MEMBERS
CARING FOR A LOVED ONE WITH MEMORY LOSS



"I STARTED TO
UNDERSTAND THAT
RALPH IS STILL ALL
THERE—JUST IN
PIECES—AND WE
ARE LEARNING TO
PUT THEM BACK
TOGETHER IN A NEW
WAY. THIS PROGRAM
IS A GODSEND IN
OUR LIVES."

If you are caring for a loved one with Alzheimer's, dementia or another form of memory loss, you do not have to go through this alone. Our program for family caregivers can help with the challenges you are facing and share strategies for your own self-care.

Our program is designed to help family caregivers explore ways to find balance in their lives as they navigate their path as a family caregiver. Our services help caregivers manage the complex issues around understanding and responding to dementia, from financial to personal and interpersonal issues.

SERVICES TO CAREGIVERS INCLUDE:

- Individual and group supportive counseling
- Direct assistance to access entitlements, referrals for services such as home care and Meals on Wheels
- Help with enrollment in Medicaid Managed Care Program, referral to social adult day programs
- Seminars and workshops about dementia-related behavior such as decoding behavioral messages, identifying common triggers and learning strategies for the common challenges of Alzheimer's disease.
- Information and referrals to long-term care, financial planning, and advocacy
- Temporary financial assistance for home care and/or attendance for a loved one in a social adult day program
- Free legal assistance about living wills, healthcare proxy and power-of-attorney
- Techniques for self-care and relaxation including free exercise or yoga classes

~more on reverse side~

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~continued from reverse side~

Our Memory Café hosts get-togethers at neighborhood restaurants and other venues to give the chance to talk in a relaxed setting with others going through similar experiences. Special activities allow families to make new memories together through art projects and other creative activities.

We have provided services for people with Alzheimer's or other memory loss for over 30 years. We understand what you are experiencing and are here to offer support.

Services for family caregivers available at no charge

Programming is in English and Spanish.

For information, call Memory Center Director at
(212) 927-5600, ext. 123.

Help us widen our circle of support. For more information about becoming a community partner, call Ilana Dunner, Executive Director at 212-926-5600, ext. 114 or email: idunner@riverstonenyc.org.

