



## ARE YOU UNSURE ABOUT

Where to start looking for help for an older relative?

How to get Mom to see a doctor?

When and where an older parent might move?

How to respond to personality or behavior changes in an older family member?

What to expect after diagnosis of a memory disorder?

How to participate in Alzheimer's research studies?

**We provide support, care options and knowledge.**

## DUKE DEMENTIA FAMILY SUPPORT PROGRAM

### CALL OR EMAIL

*With questions or concerns or to request an information packet.*

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### MAIN NUMBER

**(919) 660-7510 or (800) 646-2028**

**[www.dukefamilysupport.org](http://www.dukefamilysupport.org)**

**Box 3600 DUMC**

**Durham, NC 27710**

**You do not need to be affiliated with Duke Health to participate in our programs.**

Funded in part by the NC DHHS  
Division of Aging and Adult Services

Duke  CENTER for the STUDY of AGING and HUMAN DEVELOPMENT



## DUKE DEMENTIA FAMILY SUPPORT PROGRAM



Paul D. Jones

## A bridge to understanding your options

*Programs and services to help families live their best with Alzheimer's or related cognitive impairments*

**A North Carolina Dementia Family Support Program**



## SUPPORT GROUPS

### **Durham Alzheimer's Evening Family Support Group**

Thursday evening, monthly at Duke

### **Daughters Concerned for Aging Relatives Support Group**

Wednesday noon, monthly at Duke

### **Person with Dementia and Care Partner Support Group (Grey Stone Group)**

Tuesday morning, monthly in Durham

### **Memory Makers: Early-Stage Memory Loss Educational and Support Group**

4 and 8-week programs, Thursday afternoons in Durham

### **Younger-Onset Support Group**

Tuesday evening, monthly in Durham

## TESTIMONIALS

*"The assistance I received made the transition and the decision-making process easier."*

*"I received validation of my feelings that I didn't receive anywhere else."*

*"I have been given a 'roadmap' for the days ahead."*

*"I have become a kinder and more sensitive caregiver to my spouse as a result of the support group."*

## HOW WE HELP

### **We offer these services at no charge:**

Confidential, personalized tips on caring for people with memory disorders

The *Caregiver* newsletter published twice a year and monthly *Triangle Area E-News*

Telephone or email support with care decisions, managing behavioral symptoms of dementia and coping strategies

Assistance selecting support groups, education programs, websites or books

Provide access to NC Project C.A.R.E. for dementia-specific care consultation and respite services for caregivers who care for family members at home

Early-Stage & Beyond Community programs to provide education and support from the time of diagnosis through the course of the illness

In-person elder care consultation for Duke employees

## DUKE DEMENTIA FAMILY SUPPORT PROGRAM TEAM



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**TO SPEAK WITH US, PLEASE CALL 919-660-7510.**