



“We started out as strangers. We ended as friends.” **MEMORY MAKERS** participant

MEMORY MAKERS

Early-Stage Memory Loss Education and Support Group

MEMORY MAKERS provides educational, emotional and social support for individuals with a diagnosis of early-stage dementia and their care partners. The group helps participants develop methods and skills to solve problems and encourages them to maintain personal, physical and emotional health, as well as to foster support networks.

Durham, NC: Thursdays, 1-4 pm
Program is free. Registration is required.

FOR MORE INFORMATION

Bobbi Matchar, MSW, MHA, Duke Family Support Program
bobbi.matchar@duke.edu or 919-660-7509

Jenny Schwartz, MSW, LCSW, Jewish Family Services
jschwartz@shalomdch.org or 919-354-4922

MEMORY MAKERS is a partnership between Duke Dementia Family Support Program and Duke Neurology Memory Disorders Clinic, Jewish Family Services of Durham-Chapel Hill and the Alzheimer’s Association Eastern North Carolina Chapter.

TOPICS AND SPEAKERS SPRING AND FALL GROUPS*

WEEK 1

Introduction & Overview
Facilitators

WEEK 2

The Basics of Alzheimer’s & Related Disorders
Neurologist

WEEK 3

Disclosures & Changing Relationships
Social Worker

WEEK 4

Legal & Financial Planning
Elder Law Attorney

WEEK 5

Balancing Safety & Autonomy
Neuropsychologist

WEEK 6

Medications
Nurse Practitioner

WEEK 7

Emotions & Communication
Social Worker

WEEK 8

Advocacy & Staying Connected
Facilitators

***THERE IS ALSO A 6-WEEK SUMMER GROUP. CONTACT FACILITATORS FOR MORE INFORMATION.**