

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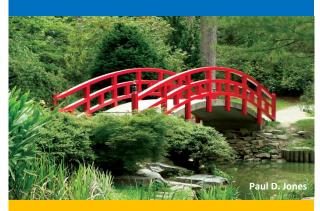
You do not need to be affiliated with Duke Health to participate in our programs.

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





DUKE DEMENTIA FAMILY SUPPORT PROGRAM



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

Duke Dementia Evening Caregiver Support Group Thursday evening, monthly at Duke

Daughters Concerned for Aging Relatives Support Group

Wednesday noon, monthly at Duke This group is not dementia-specific

Duke Dementia Morning Support Group (Grey Stone Group)

Tuesday morning, monthly in Durham Group for persons diagnosed with dementia and their families

Younger-Onset Support Group

Tuesday evening, monthly in Durham near Wake County Group for persons diagnosed with dementia age 65 and younger and their families

Memory Makers: Early-Stage Memory Loss Educational Support Group

six- or eight-week program, Thursday afternoons 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

A monthly *Triangle Area E-News* listing support groups, memory cafés, educational programs, book reviews and timely articles

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

Elder care consultation service for Duke employees

DUKE DEMENTIA FAMILY SUPPORT PROGRAM TEAM



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