



## 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.**

6/2020

## 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**



**DukeHealth**

## 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**



**DukeHealth**

## 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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Social Worker

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