



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.**

4/2021

DUKE DEMENTIA FAMILY SUPPORT PROGRAM

CALL OR EMAIL

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

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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 Care Partner Support Group

2nd & 4th Thursdays, 6:30 p.m., via Zoom

Daughters Concerned for Aging Relatives Support Group

1st & 3rd Wednesdays, noon, via Zoom

Duke Dementia Morning Care Partner Support Group

2nd Tuesday, 10:30 a.m., via Zoom

Younger-Onset Support Group

2nd & 4th Tuesdays, 7 p.m., via Zoom. Group for persons diagnosed with dementia age 65 and younger and their families.

Person Living with Memory Loss Diagnosis Support Group

3rd Monday, 11 a.m., via Zoom

Memory Makers: Early-Stage Memory Loss Educational Support Group

six-week program, Thursday afternoons, via Zoom

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