

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 get Dad to give up driving?

Where to find respite care?

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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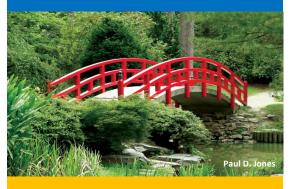
MAIN NUMBER (919) 660-7510 www.dukefamilysupport.org Box 3600 DUMC Durham, NC 27710

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 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

Daughters Concerned for Aging Relatives Support Group

1st & 3rd Wednesdays, noon, via Zoom

Duke Dementia Evening Care Partner Support Group

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

Duke Dementia Morning Care Partner Support Group

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

Memory Makers: Early-Stage Memory Loss Educational Support Group

Six-week program, Thursday afternoons, via Zoom

Person Living with Memory Loss Diagnosis Support Group

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

Support Group for African American Caregivers

3rd Tuesday, 7 p.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.

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

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

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

HOW WE HELP

We offer these services at no charge:

Consultations by phone, email or Zoom for people living with a memory disorder or for families caring for someone with dementia

Expert help with care decisions, managing behavioral symptoms of dementia and coping strategies

A monthly *Triangle Area E-News* listing support groups, educational programs, book reviews and timely articles on dementia and caregiving

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



Natalie Leary MSW, LCSW Social Worker



Bobbi Matchar MSW, MHA Director



Janeli McNeal MSW Social Worker



Tiffany Summers MSW , LCSWA Social Worker

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