



## 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.**

7/2021

## 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](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 Aging Center**

Duke University School of Medicine

## 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**

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, noon, via Zoom

### **Duke Dementia Evening Care Partner Support Group**

2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 6:30 p.m., via Zoom

### **Duke Dementia Morning Care Partner Support Group**

2<sup>nd</sup> 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**

3<sup>rd</sup> Monday, 11 a.m., via Zoom

### **Support Group for African American Caregivers**

3<sup>rd</sup> Tuesday, 7 p.m., via Zoom

### **Younger-Onset Support Group**

2<sup>nd</sup> & 4<sup>th</sup> 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**