



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.

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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



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**

SUPPORT GROUPS

African American Dementia Care Partners Support Group 3rd Tuesday, 7 p.m., via Zoom

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

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 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 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



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Director



Janeli McNeal
MSW
Social Worker



Natalie Leary
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Social Worker



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