



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?

You are not alone

DUKE DEMENTIA FAMILY SUPPORT PROGRAM

Founded in 1980

CALL OR EMAIL

With questions or concerns.

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Not sure who to contact?

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Durham, NC 27710

dukefamilysupport.org

**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, offered
free of charge, to help families live
their best lives with Alzheimer's
disease or related cognitive
impairments*

**EDUCATION
SUPPORT
ENGAGEMENT**

SUPPORT GROUPS

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

Daughters Concerned for Aging Relatives Support Group
1st & 3rd Wednesdays, noon

Duke Dementia Evening Care Partners Support Group
2nd & 4th Thursdays, 6:30 p.m.

Duke Dementia Morning Care Partners Support Group
2nd Tuesday and 4th Wednesday, 10:30 a.m.

Long-Term Care Community Support Group
3rd Tuesday, noon

Memory Makers: Early-Stage Memory Loss Educational Support Group
Six-week program, Thursdays, 1-4 p.m.

Persons Living with Memory Loss Diagnosis Support Group
3rd Monday, 11 a.m.

Younger-Onset Support Group
2nd & 4th Tuesdays, 7 p.m.
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've become a more sensitive caregiver as a result of the support group."

EDUCATION • SUPPORT • ENGAGEMENT

We offer these services at no charge:

Consultations by phone, email, Zoom, or in-person for people living with memory loss or for families caring for someone with dementia.

Help navigating care decisions, finding community services, creating strategies for challenging behavioral symptoms of dementia, and coping with emotions triggered by caregiving.

A monthly *Triangle Area E-News* listing support groups, educational programs, social engagement opportunities for people living with memory loss and their families, and timely articles on dementia and caregiving.

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.

Programs to provide education and support from the time of diagnosis through the course of the illness.

Elder care consultation service for Duke employees concerned about aging relatives.

DUKE DEMENTIA FAMILY SUPPORT PROGRAM TEAM



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