



"We started out as strangers. We ended as friends." MEMORY MAKERS participant

MEMORY MAKERS

Early-Stage Memory Loss Educational Support Group

MEMORY MAKERS provides educational, emotional and social support for individuals living with a diagnosis of early-stage dementia and their care partners. The group helps participants develop methods and skills to solve problems and encourages them to maintain personal, physical and emotional health, as well as to foster support networks.

Thursdays, 1-4 pm

Program is free. Registration is required.

FOR MORE INFORMATION

Barbara "Bobbi" Matchar, MSW, MHA

Duke Dementia Family Support Program

bobbi.matchar@duke.edu or 919-660-7509

TOPICS AND SPEAKERS FOR SPRING, SUMMER AND FALL GROUPS*

WEEK 1

The Basics of Alzheimer's & Related Disorders

Physician

WEEK 2

Disclosures & Changing Relationships

Social Worker

WEEK 3

Legal Documents

Elder Law Attorney

WEEK 4

Balancing Safety & Autonomy

Neuropsychologist

WEEK 5

Handling the Day-to-Day

Occupational Therapist

WEEK 6

Emotions & Communication

Social Worker

*** The order of sessions may vary from group to group.**

MEMORY MAKERS is a partnership between Duke Dementia Family Support Program, Jewish for Good and the Alzheimer's Association.

