



*"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

Duke Dementia Family Support Program

[DDFSP@duke.edu](mailto:DDFSP@duke.edu) or 919-660-7509

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

### TOPICS AND SPEAKERS FOR SPRING, SUMMER AND FALL GROUPS\*

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#### WEEK 1

**The Basics of Alzheimer's & Related Disorders**

*Physician*

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#### WEEK 2

**Disclosures & Changing Relationships**

*Social Worker*

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#### WEEK 3

**Legal Documents**

*Elder Law Attorney*

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#### WEEK 4

**Balancing Safety & Autonomy**

*Neuropsychologist*

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#### WEEK 5

**Handling the Day-to-Day**

*Occupational Therapist*

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#### WEEK 6

**Emotions & Communication**

*Social Worker*

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**\* The order of sessions may vary**