

FOR IMMEDIATE RELEASE:

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Caregiver Series to be Presented in Joliet

Nearly 60% of unpaid Caregivers are wives, daughters, daughters-in-law, granddaughters and other female relatives, friends and neighbors.

JOLIET, IL---The Alzheimer's Association – Greater Illinois Chapter will present their new Alzheimer's Caregiver Series at the Joliet Area Community Hospice, 250 Water Stone Circle, Joliet. Sessions one and two will take place on Tuesday, December 2 and sessions three and four will take place on Tuesday, December 16 from 9:00 a.m. until 11:30 a.m. both days.

"With the holiday season approaching it is understood that there will be strain placed on Alzheimer's Caregivers," said Melanie Adams, Senior Program Manager for the Chapter. "Our Caregiver series offers tips and tricks on how to deal with stressful situations in addition to making sure you are making meaningful memories this holiday season."

The Alzheimer's Caregiver Series:

Memory Loss 101 explores the common causes of memory loss, including Alzheimer's disease; the stages of Alzheimer's, the importance of a good medical examination, and current research and treatments.

Understanding & Responding to People with Dementia focuses on common communication challenges and dementia-related behaviors that caregivers often face. Discussions will be centered on tips and techniques on the best ways to interact with a person with dementia and the possible causes of frustration and aggression and how to effectively respond.

Building Caregiver Skills to Manage Stress will help caregivers recognize and minimize signs of stress in their lives and assist in setting realistic expectations of themselves and the person they care for.

Making Meaningful Memories focuses on the fact that people with dementia need to feel a sense of purpose in their lives. In this session, we will share creative ideas that are active, passive, functional or just plain fun, giving your loved one with dementia a sense of purpose.

To register for the Alzheimer's Caregiver Series call the Greater Illinois Chapter at 815.744.0804 or visit www.alz.org/illinois.

About the Alzheimer's Association - The Alzheimer's Association, the world leader in Alzheimer research and support, is the largest voluntary health organization dedicated to finding prevention methods, treatments and cure for Alzheimer's. Since 1980, the donor-supported, nonprofit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes. **The Greater Illinois Chapter** serves dozens of counties with offices in Bloomington, Carterville, Chicago, Joliet, Rockford and Springfield. For more information, call our Helpline at 800-272-3900 or visit www.alz.org/illinois.