

FOR IMMEDIATE RELEASE:

9-Oct-08

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Alzheimer's Association to Present Workshop for Alzheimer's Caregivers

ROCKFORD, IL---The Alzheimer's Association – Greater Illinois Chapter will present their new state-of-the-art Caregiver Series on Monday, November 3 and Monday, November 10 from 6:00 p.m. until 8:30 p.m. at the DeKalb Adult Day Center, 126 South Fourth Street, DeKalb.

Sessions one and two will be presented on November 3 and sessions three and four will be presented on November 10.

"As the Baby Boomer generation enters the age of greatest risk the need for well educated Caregivers will become evident," said Tom Molony, Director of Communications for the Chapter. "The Greater Illinois Chapter's Program Services department has spent the last year revising and redesigning the Alzheimer's Caregiver Series to meet changing needs of Caregivers throughout the state. After looking thoroughly at the feedback from the previous series we have designed a new program that will be useful for new and returning caregivers alike."

The Caregiver Series:

Session One: 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.

Session Two: 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.

Session Three: 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.

Session Four: 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.

According to a recent study published by the Alzheimer's Association National Office entitled *2008 Alzheimer's Disease Facts and Figures*, it is estimated that 9.8 million family members, friends and neighbors provided unpaid care for a person with Alzheimer's or another form of dementia in 2007. In Illinois alone, there are 347,136 unpaid caregivers caring for someone with Alzheimer's disease or another dementia totaling to 299,647,682 hours of unpaid care. The need for well educated caregivers has never been greater. By participating in the Caregiver Series you will learn the skills to provide effective care for your loved one.

To register for the Alzheimer's Caregiver Series call the Greater Illinois Chapter at 815.484.1300 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.