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## **New Seminar for Alzheimer's Caregivers Coming to Carterville**

CARTERVILLE, IL---The Alzheimer's Association – Greater Illinois Chapter will present their NEW Alzheimer's Caregiver Series October 22 and 23, from 5:30 p.m. until 7:30 p.m. at John A. Logan College, 700 Logan College Road, Carterville.

Sessions one and two take place Wednesday, October 22, 2008 and sessions three and four will be presented on Thursday, October 23, 2008.

"There are more than 500,000 Illinoisans that are directly affected by Alzheimer's disease at least half of them are Caregivers," said James Dearing Senior Program Manager for the Chapter. "The number of family Caregivers is on the rise in the state of Illinois and we understand the need for well educated Caregivers. Over the past year, the Chapter's Program Services Department revised our entire Caregiver Series program to meet the changes needs of Caregivers in Illinois. The newly revised program will benefit new and returning attendees alike."

### **The 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 Caregiver Series call the Greater Illinois Chapter at 217.726.5184 or visit [www.alz.org/illinois](http://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](http://www.alz.org/illinois).