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## Greater Illinois Chapter to Present Caregiver Series in Belvidere

ROCKFORD, IL--The Alzheimer's Association – Greater Illinois Chapter will host its Caregiver Series on four consecutive Mondays in October, all starting at 3:00 p.m. beginning October 6, 2008 and ending October 27, 2008 at the Keen Age Center, 2141 Henry Luckow Lane, Belvidere.

"Our Caregiver Series is for any family member who cares for someone with memory loss and who wants information and help in coping with caregiving responsibilities," said Melanie Chavin, Vice President of Program Services for the Chapter. "As the 'boomer' generation continues to age the need for well educated caregivers will become essential. Our Caregiver Series will help equip people with the tools they need to provide effective care for their loved ones."

### **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 this free program call the Greater Illinois Chapter at 815.484.1300 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).