

alzheimer's association **memory loss**
SUPPORT GROUP

This group is a structured gathering of caregivers, family and friends of persons struggling with memory loss. We meet to discuss the issues related to Alzheimer's disease, Dementia, memory loss and related disorders.

Dementia | Alzheimer's
CAREGIVER SUPPORT GROUP

held monthly at the
Jeffersontown Senior Center
10631 Watterson Trail Jeffersontown, KY 40299
CALL FOR MORE INFORMATION



Contact 502.242.7691 |

Katie Wolz or go to our website

aleesolutions.org/alz Katie@AleeSolutions.org

Join us **First Thursday** of
each month from **10:00-
11:00am** in the Meeting Room
Light Refreshments provided



The purpose of the support group is to allow family members and caregivers to meet and form mutual support of one another to enhance their overall health and well-being while caring for their loved one affected by Alzheimer's.

The group provides opportunity to members to:

- Exchange practical information on caregiving problems and offers solutions.
- Share their feelings, concerns, needs in a confidential, supportive, nonjudgement, and nonthreatening atmosphere.
- Discuss and share different coping mechanisms for stress relief.
- Social interaction for members to help to cope with feelings of isolation that may be related to caring for a loved one with the disease.
- Emphasize the importance of self-care and well-being for physical and mental wellness.
- Familiarize members with how to advocate for their loved one in the community and where to turn to for resources.
- Professional speakers may attend with additional information and to make resources available to those to attend.