

CONCERNED ABOUT SOMEONE WITH MEMORY LOSS? FOR THE PAST 45 YEARS, THE COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS HAS BEEN HELPING INDIVIDUALS, FAMILIES AND PROFESSIONALS WHO CARE FOR THOSE WITH MEMORY ISSUES BY PROVIDING COMPASSIONATE CARE, SUPPORT AND EDUCATION.

Care2Caregivers Helpline

800-424-2494

Telephone support for every step of your caregiving journey. Lines are answered by professionally trained peers who have also been caregivers. Supportive counseling, information, referrals and education. Special emphasis on caregiver wellness. 8:30 a.m. – 4:30 p.m. Monday to Friday or email 24/7 caregiver@ubhc.rutgers.edu.

September 2020 Virtual Caregiver Education

New Ways for Meaningful Days - September 9th

When caring for a loved one with memory loss, managing your day can be challenging. We may start out with a plan but get derailed by the unexpected. Learn tips and strategies to help you and the person you are supporting have a meaningful day.

To register email Monica at mlt4@ubhc.rutgers.edu or call Care2Caregivers at 800-424-2494.

Be Prepared, Be Protected: Emergency Care Planning for Older Adults - September 23rd

Natural disasters, pandemics or other traumatic events can cause you to have to make major decisions at a moment's notice. These upheavals are stressful for all involved. When you are a caregiver for someone with memory impairment, planning ahead for the unforeseen can help bring some piece of mind. In this workshop, participants will discuss emergency care planning and preparedness, receive a checklist and learn how to build an emergency care kit.

Virtual Support Groups



Spouse Support Group: September 8th, 9:30 to 11am

Caregiver Support Group: September 15th, 1 to 2:00 pm

Spouse Support Group: September 21st, 9:30 to 11:00 am

Transitions Bereavement Group: September 24th, 10 to 11:00 am

All groups are free, open to the public and professionally facilitated. To register and receive log in information call 800-424-2494 or email Mary Catherine at lundqumc@ubhc.rutgers.edu.

Memory Disorders Clinic

If you are in need of a memory evaluation for a loved one or ongoing support to help manage behavioral disturbances, our specially trained Board Certified Geriatric Psychiatrist and team of Licensed Clinical Geriatric Social Workers are available to provide the latest treatment to support the health of your loved one and your entire family. To find out more or to schedule an appointment call 800-424-2494.

Rutgers Health

University Behavioral Health Care

www.copsainstitute.com

email: caregiver@ubhc.rutgers.edu