

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.

October 2020 Virtual Caregiver Education

“Wellness, Maintain Your Well-being by Looking to Your Strengths” – October 7th

Wellness philosophy supports healthy lifestyle habits that can improve our quality of life. This interactive webinar offers caregivers an opportunity to examine their personal strengths to create balance.

“Physical Wellness, One Step at a Time” -

October 14th Sometimes caregiving disrupts our basic physical health and wellness habits. Join us for some fun interactive movement activities that can be done in cooler weather and for a range of tips and tactics to help you be and feel well.

“Communicating with Skill and Heart: Caregiver Strategies for Enhancing Communication”

October 28th As loved ones progress through the various stages of memory loss, our ability to communicate with each other changes as well. Learn about language difficulties and communication strengths that can help you better manage day to day interactions and enhance your ability to stay connected.

Meeting Time: 11:00 – 12:00 am

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

Virtual Support Groups



Spouse Support Group: October 5th, 9:30 to 11am

Caregiver Support Group: October 13th, 1:00 to 2:00 pm

Spouse Support Group: October 19th, 9:30 to 11:00 am

Transitions Bereavement Group: October 22nd, 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