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.

November 2020 Virtual Caregiver Education

Care2Caregivers Celebrates National Caregivers Month

Join us for a special live event on:

Cultivating Gratitude Through Your Caregiving Journey: Uncovering Gifts Along the Way

Get updated information on the science of gratitude and how it can enhance your physical and emotional health, hear special messages from your Care2Caregivers Support Team and learn about easy ways you can build a gratitude practice into your day.

This event is open to those who are currently caring for a loved one and for caregivers whose loved ones have died. Join us for this live, interactive session through either Zoom, Facebook Live or your telephone.

November 20, 2020: 1:00 – 2:00 pm

Click here to register: https://rutgers-hipaa.zoom.us/meeting/register/tJYucemorzwiH9IciIqqG8A5_cnYSIHYfgwL

For more info email Monica at mlt4@ubhc.rutgers.edu or call Care2Caregivers at 800-424-2494.

Virtual Support Groups

Spouse Support Group: November 2nd, 9:30 to 11am

Caregiver Support Group: November 10th, 1:00 to 2:00 pm

Spouse Support Group: November 16th, 9:30 to 11:00 am

Transitions Bereavement Group: November 19th, 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.