

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](mailto:caregiver@ubhc.rutgers.edu).



## January 2021 Virtual Caregiver Education



### Understanding Dementia

January 11<sup>th</sup> 1:00-2:00 pm

Learn about diseases that cause memory loss and how you can best support your loved in securing helpful treatments and supports to enhance quality of life. Click here to register:

<https://rutgers.zoom.us/meeting/register/tJwkcuc6spzkrGNwDF3k0HT1bZWUKSbrU4NMV>

*These events are open to those who are currently caring for a loved one and for caregivers whose loved ones have died. Join us for these interactive sessions through either Zoom or your telephone.*

### Beating the Quarantine Blues

January 29<sup>th</sup> 1:00-2:00 pm

Feelings of loneliness and isolation can impact our well-being. Learn how you can stay connected so you and your loved one can be at your best. Click here to register:

<https://rutgers.zoom.us/meeting/register/tJMrciehgT4pGdd7MJhHnMXOFDTxjK0UdfS5>

For more info email Monica at [mlt4@ubhc.rutgers.edu](mailto:mlt4@ubhc.rutgers.edu) or call Care2Caregivers at 800-424-2494.



## Virtual Support Groups

Spouse Support Group: January 4<sup>th</sup>, 9:30 to 11am

Caregiver Support Group: January 12<sup>th</sup>, 1:00 to 2:00 pm

Spouse Support Group: January 19<sup>th</sup>, 9:30 to 11:00 am

Evening Caregiver Support Group: January 27<sup>th</sup>, 7 to 8 pm

Transitions Bereavement Group: January 28<sup>th</sup>, 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](mailto: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](http://www.copsainstitute.com)

email: [caregiver@ubhc.rutgers.edu](mailto:caregiver@ubhc.rutgers.edu)