

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.



June 2021 Caregiver Education



Managing Challenging Behaviors: Caregiver Tips for Harmony

June 22nd 1:00-2:00 pm

People with memory loss may say and do things that are challenging for caregivers. Caregivers may feel overwhelmed, with no idea about how to deal with the behaviors they see. During this presentation, caregivers will learn about ways to understand and manage worrisome and potentially risky behaviors.

Click here to register: <https://rutgers.zoom.us/meeting/register/tJUude2oqT0oHd3cIp953NvY8PAJi93-owOI>

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.

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



Virtual Support Groups

Spouse Support Group: June 7th, 9:30 to 11am

Adults Caring for Parents: June 8th, 7 to 8:30 pm

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

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

Adults Caring for Parents: June 23rd, 7 to 8:30 pm

Transitions Bereavement Group: June 24th, 10 to 11:00

Evening Caregiver Support Group: June 30th, 7 to 8 pm

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. For more info call **800-424-2494**.