

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.



May 2021 Caregiver Education



The Wisdom of Aging Well: Celebrating Older Americans Month

May 28th 1:00-2:00 pm

As we age, we gain experience and knowledge, and we encounter stress and challenges. We strive for positive approaches to aging well while addressing common age-related challenges.

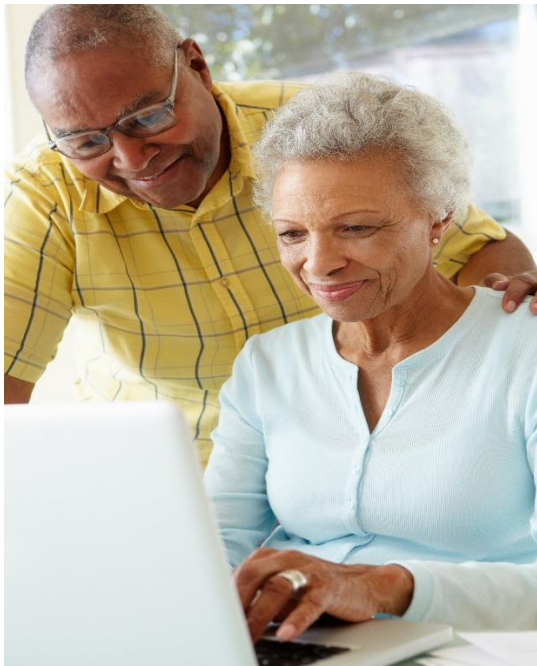
This webinar will review factors that contribute to aging well, and introduce strategies to enhance mental well-being, physical health, and a meaningful life.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJwrdeipqTsjHNVB8eLLx2pz0SiuvxP5ajmZ>

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 this interactive session 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: May 3, 9:30 to 11am

Caregiver Support Group: May 11, 1:00 to 2:00 pm

Spouse Support Group: May 17, 9:30 to 11:00 am

Adult Child Caregiver Support: May 19, 7 to 8:30 pm

Evening Caregiver Support Group: May 26, 7 to 8 pm

Transitions Bereavement Group: May 27, 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. For more info call **800-424-2494**.