

# Volunteer Spotlight

Dr. Michelle Braun

Support Group Facilitator



## Why I Volunteer

I volunteer because I want to help translate the science of Frontotemporal Dementia (FTD) into practical applications to help caregivers and families. Caregivers realize that FTD has many different facets than Alzheimer's, and we want to support them with tailored information and strategies to help ease the caregiving journey. FTD typically impacts younger individuals, and therefore caregivers are typically younger. Topics such as work-related disability or having young adult children are just a few issues that require tailored engagement and information. The FTD support group provides a valuable outlet for caregivers and an opportunity to connect with others who have shared experiences and can offer validation, support, and practical solutions.

## Making a Difference

*"Dr. Michelle Braun is an amazing human being. She's not only accessible to her patients, but leads a support group for the caregivers of her FTD patients, as well as any other guests who would like to join. Dr. Braun has provided perspective, education and compassion to this group that is invaluable as a caregiver. We cannot be more thankful to have Dr. Braun as a partner in our difficult journey."*

*"My life has been changed because of Michelle Braun. Her knowledge and life experience in practice has offered our FTD Monthly Support Group meetings the opportunity for all of us to gather in a safe emotional space, and has brought to our group the awareness of the different primary diagnoses for the degeneration, and how they mingle together. An inspiration to those who rely on her expertise, and to the those who follow her recommendations in their practice. I will be forever grateful for the opportunity to know her."*

*"With Dr. Michelle Braun at the helm, the group very quickly became a lifeline for those of us who joined, and communication didn't just flow, it bubbled over. Everyone is given the opportunity to share, but no one is pressured to speak if they are not comfortable doing so. To say that the group has been a lifeline for me is an understatement because I have felt understood, comforted and encouraged by the strength of the group. Even though each of us has a unique story, we share common struggles known only by those who have walked in our shoes. I am grateful for Dr. Braun's dedication and deep commitment to the FTD group!"*