

Reducing Disability in Alzheimer's Disease (RDAD)

In conjunction with the Ohio Department of Aging, the Miami Valley Chapter offers RDAD to help teach older adults who may suffer from memory problems how to do some simple exercises to improve their overall health. The program also teaches family members about symptoms to watch for and how to care for persons with memory problems. This program hopes to improve the ability of the person with dementing illnesses to carry out activities of daily living while also helping family members provide assistance to their relative.

The RDAD trainer will...

- Teach the exercise partner (caregiver) exercises designed to increase or maintain strength, balance, flexibility and endurance. These exercises, if done on a regular basis, may help the person with the disease perform activities of daily living (bathing, dressing, etc.), reduce risk of falls and give the caregiver and the person with dementia something positive to do.
- Explain a problem solving tool that will help caregivers find ways to deal with challenging behaviors/symptoms.
- Provide support, education and information

The Caregiver is asked to:

- Complete 3 surveys
- Learn new exercises and practice regularly with the person with dementia for a year, if possible.
- Complete exercise and behavior logs

All sessions can be completed in your home. All information is kept confidential and patient information is shared for research purposes only. There are no fees for this program. The program consists of 16 visits over a one year period with most of the visits occurring during the first three months and the last few visits to check progress over the year.

Currently over 20 individuals participate in the program. If you are interested, we encourage you to call our office as we do have a waiting list.

More information....

To learn more about the RDAD or to enroll in the program contact Julie Worley at (937) 291-3332, (800) 272-3900 or julie.worley@alz.org.