

Early Stage Dual Support Groups

Learning Together:

A specialized program for individuals with memory loss and their families

The informational and supportive group design makes it possible for families to learn more about the disease as well as understand their feelings about the changes dementia has made on their daily lives. This unique group successfully melds the needs of both the early-diagnosed individual and those who will be supporting them throughout the journey.

This course is **free of charge** and has **limited** enrollment; **pre-assessment** is required. **Early-stage persons and care-partners must attend together**

The eight week sessions are held in the spring and fall in Southeastern Pennsylvania's Philadelphia, Delaware, Lehigh and Berks Counties; in New Jersey in Burlington County and in Delaware in New Castle and Kent Counties.

Program Components

- Each session's focus is on a different aspect of adjusting to life with dementia and is held weekly for eight weeks.
- Topics included: Challenges of Change, Transitions, Planning for the Future and Community Resources, Focus on Family, Stress and Disclosure.
- Useful speakers, individual activities, and group discussions enhance sessions.
- Trained health care professionals facilitate this program.

To Schedule your pre-assessment, contact Kerry Brown at 215-561-2919, or via email at kerry.brown@alz.org