



the compassion to care, the leadership to conquer

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FOR IMMEDIATE RELEASE

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**ALZHEIMER'S ASSOCIATION HOSTS A FREE SERIES FOR
CAREGIVERS IN IOWA CITY**
Educational Program helps those caring for persons with Alzheimer's disease

(Iowa City, IA) – When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. The Alzheimer's Association is launching a new program titled, "Living with Alzheimer's for Caregivers". The series will be held on consecutive Mondays December 5, 12 and 19 from 4–6 p.m. in the Hy-Vee Club Room located at 1720 Waterfront Drive in Iowa City. Free respite is available. Further information on respite services will be given upon registration.

This educational program provides answers to the questions that arise in the middle stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way. "Living with Alzheimer's for Caregivers" will cover information for caregivers of people who are in the middle stages of Alzheimer's disease. Topics will include:

- Developing a care team.
- Legal and financial planning.
- Coping strategies.
- Care and treatment options.
- Communicating and connecting.
- Maximizing independence.

Caregivers of individuals in the middle stages of Alzheimer's face different struggles each and every day. "Feelings of isolation, inadequacy, and defeat are often associated with the stressors of trying to be a primary caregiver," said Amanda Miller, Education and Outreach Manager for the Alzheimer's Association. "However, an individual caregiver is not alone in his or her journey. The LWA program provides education on how to deal with this stress, techniques for daily caregiving activities, and connections to community supports and services that can influence successful caregiving."

This series is free and registration is required. For more information on "Living with Alzheimer's for Caregivers" or to register, contact the Alzheimer's Association at 800.272.3900 or visit www.alz.org/eci.

About the Alzheimer's Association:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's research, care and support. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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