

# early-stage resources

## local programs and schedules

### **EARLY STAGE MEMORY LOSS SUPPORT GROUPS:**

Early stage support groups provide a supportive environment that promotes the sharing of thoughts, information and resources to facilitate participants' understanding of the diagnosis. The Chapter offers these support groups for persons in the early stages of Alzheimer's or related dementias as well as their care partners, family members and/or friends. ***Pre-interview is required for support group participation.***

- 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 1:00-2:30 p.m. at the Birmingham Senior Center (BASCC)- 2121 Midvale, Birmingham, MI

### **EARLY STAGE MEMORY LOSS EDUCATION SERIES:**

The early stage education series is a 6 week program with an educational and discussion group component combined in order to inform individuals in the early stages and their care partners about the disease. ***In-person assessment is required for social club participation.***

### **EARLY STAGE SOCIAL CLUB:**

The early stage social club is a recreational program that promotes cognitive, physical and social well-being for individuals in the early stages of memory loss. ***In-person assessment is required for social club participation.***

### **LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S:**

Living with Alzheimer's is an interactive *three-part workshop* where individuals with Alzheimer's disease and caregivers will have a chance to hear from others with a diagnosis of memory loss through recorded video vignettes and group discussion. ***Call to register!***

- ***CALL FOR UPCOMING DATES FOR THE THESE PROGRAMS!***

**FOR MORE INFORMATION OR TO SCHEDULE PRE-INTERVIEWS CONTACT OUR HARRY L. NELSON HELPLINE AT 800-272-3900**