

# *Know someone caring for a family member or friend with dementia?*

## **REACH OUT Support Program Now Available for Families Caring for Loved One with Dementia**

Family members caring for a loved one are invited to participate in an exciting new program designed to support their health and well-being and enhance their skills in dealing with the challenges of dementia.

REACH OUT focuses on education about dementia, caregiving and stress; home safety; caregiver health; relaxation; coping with dementia behaviors; and enhancing social support.



Family caregivers living in Central Vermont and the Northeast Kingdom are eligible to participate in REACH OUT.

The program is offered by Central Vermont Council on Aging (CVCOA) and Area Agency on Aging for Northeastern Vermont (NEVAAA). Staff from the agencies will provide individual coaching through home visits. (For interested participants, video conferencing using an iPad tablet, lent to the caregiver over the course of the project, will be an option.)

**To learn more, please contact  
Jeanne Kern of CVCOA at 476-2671 or Nancy Oakes at NEVAAA at 748-5182.**

