



the compassion to care, the leadership to conquer

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FOR IMMEDIATE RELEASE

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**Alzheimer's Association offers Family Caregiver Training Series in
Linn County**

(Cedar Rapids, IA)– According to the Alzheimer's Association *2010 Alzheimer's Disease Facts and Figures*, there are 106,474 family caregivers in Iowa who provide hours of unpaid care to their loved one with Alzheimer's disease or a related dementia. The task of caring for a person with Alzheimer's disease is complex and ever changing. The Alzheimer's Association East Central Iowa Chapter will offer a FREE two-part series for family caregivers at the Alzheimer's Association East Central Iowa Chapter office, located at 1570 42nd St. NE in Cedar Rapids. The first session of the series will take place on Tuesday, March 1, 2011. The second session will be held on Tuesday, March 8, 2011. Each session will run from 12:30 p.m. to 3:30 p.m.

Family Caregiver Training will teach family caregivers ideas and techniques to assist with activities of daily living in the home; such as eating, getting dressed, bathing and transferring. Communication tips will be provided, along with a variety of information and resources, to allow the person with dementia to safely stay in the home for as long as possible. "The decision to provide care in the home for a spouse, parent, or loved one with Alzheimer's disease is a decision that can be followed closely by fear, anxiety and so many other feelings," says Amanda Miller, Education and Outreach Manager for the Alzheimer's Association. "For many caregivers, the most challenging aspect of keeping someone in the home is the lack of knowledge of *how* to provide that care."

This FREE two-part series is presented by the Alzheimer's Association East Central Iowa Chapter and is funded in part by United Way of East Central Iowa. Free respite care is available through Milestones Adult Day Health Center on a first come first serve basis. **Registration is required for this workshop.** For more information or to register, call 1.800.272.3900 or email Amanda Miller at Amanda.miller@alz.org.

About the Alzheimer's Association:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. 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. Our vision is a world without Alzheimer's. For more information, visit www.alz.org/eci.

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