



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 in
Winneshiek County**

(Decorah, IA) – According to the Alzheimer's Association *2011 Alzheimer's Disease Facts and Figures*, there are 131,854 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 workshop for family caregivers at the Winneshiek Medical Center, Conference Room B3 located at 901 Montgomery Street. The training will take place on Tuesday, June 7, 2011 from 12:00 p.m. to 4:30 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 workshop is presented by the Alzheimer's Association East Central Iowa Chapter and is funded in part by United Way of East Central Iowa. **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 disease. For more information, visit www.alz.org/eci.

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