



the compassion to care, the leadership to conquer

FOR IMMEDIATE RELEASE

September 29, 2010

Contact: **Amanda Miller**
Education and Outreach Manager
319.294.9699
Amanda.miller@alz.org

Alzheimer's Association Family Caregiver Training Workshop offers Tools for Families Faced with Alzheimer's Disease

(Iowa City, Iowa)– 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. One of the ways to avoid caregiver stress is to become an educated caregiver.

The Alzheimer's Association East Central Iowa Chapter offers a FREE two-part series for family caregivers at Mercy Medical Plaza, located at 540 Jefferson Street in Iowa City. Part One of the series will take place on Wednesday, October 6, 2010 from 1 p.m. to 4 p.m., and Part Two will take place on Wednesday, October 13, 2010 from 1 p.m. to 4 p.m.

Family Caregiver Training will teach family and professional caregivers ideas and techniques to assist with activities of daily living in the home; such as eating, getting dressed, bathing and transferring. "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. The Alzheimer's Association can help." 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; thus avoiding premature nursing home placement.

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 is available through Pathways Adult Day Center. To make a respite reservation, please call Jeff at 319.339.6162 by October 4, 2010.

Registration is required for this workshop. For more information, visit www.alz.org/eci. To register, call 1.800.272.3900 or email amanda.miller@alz.org. Registrations are accepted until Monday, October 4, 2010.

About the Alzheimer's Association:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support, advocacy 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.

#