

## **Why Join a Discussion & Information Group?**

How can an Alzheimer's Discussion & Information Group help? The impact of an Alzheimer's D&I Group cannot be measured by a chart or numerical assessment. The impact is measured by the bonds formed between people who are learning to live with a disease that requires a lifelong series of adjustments.

Who better to help you walk this path set before you than someone who has already walked it? The bonds formed by shared experience are the strongest type of connections. Think about the soldier who years after the war can tell you the name of every man who served in his unit, what they liked to eat and their favorite song.

With the diagnosis of Alzheimer's disease, the person diagnosed begins a new type of fight, the fight to remain as independent as possible for as long as possible. The caregiver's battle is to help their loved one to adjust and provide a safe, comfortable environment for them. New developments in medicine are helping people every day in this area and a good D&I Group can help you learn more about these developments and improvements. They can help you know what questions to ask your doctor and help empower you to make the best choices.

D&I Groups are county based and a great resource for local services and recommendations of local facilities, such as senior centers, churches and health departments. D&I Groups leaders are screened and trained by the Alzheimer's Association. They receive monthly newsletters and educational materials as they become available. Our D&I Group leaders are great resource people, we consider them 'on the front line' for you!

But it's not all about education and medical reports; D&I Groups are also about people. They are about friendship and camaraderie. They bring people together who can understand what you're going through without being judgmental. They also allow you to help others who are starting to walk where you've already been.

So whether you are just beginning this walk with Alzheimer's disease, if you've been through it as a caregiver and want to help others, or anywhere in between, there is a place for you at your local Alzheimer's D&I Group.