

FOR IMMEDIATE RELEASE

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**CAREGIVERS SHARE EXPERIENCES, GET SUPPORT AT ALZHEIMER'S ASSOCIATION
SUPPORT GROUP**

SHELBYVILLE, IN – Every second Thursday of the month at 7:00 p.m., caregivers will gather together for the Alzheimer's Association's support group. Facilitated by Margie Hubbell, the group will be held at the Shelbyville Senior Center, 1504 S Harrison St.

This Alzheimer's Association support group meets monthly to provide caregivers with an opportunity to share their experiences and receive support from others coping with Alzheimer's disease. During the meetings, caregivers are encouraged to share information, give and receive support and exchange coping experiences and strategies. Meetings are open to the public and facilitated by a trained professional and/or family member.

"It's important for caregivers to remember that they are not alone on their journey through dementia caregiving. Support groups are a great way to meet other caregivers for advice and support," said Amanda Janz, Information and Referral Coordinator for the Alzheimer's Association.

There is no cost or commitment for caregivers to attend. For a full listing of all of the Greater Indiana Chapter's support groups, please visit www.alz.org/indiana or call the Helpline at 800.272.3900.

Today, approximately 5.3 million Americans have Alzheimer's disease, including 120,000 Hoosiers. Every 70 seconds, someone develops Alzheimer's disease, making Alzheimer's disease the 6th leading cause of death. The direct and indirect costs of Alzheimer's disease and other dementia amount to more than \$148 billion annually.

The Alzheimer's Association is the world leader in Alzheimer's research and support. Having awarded more than \$150 million to nearly 1,300 research projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, call 800.272.3900 or visit the Web site at www.alz.org/indiana

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