

FOR IMMEDIATE RELEASE

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BECOMING AN EXPERT CAREGIVER PROGRAM GIVES PRACTICAL TIPS TO CAREGIVERS

TERRE HAUTE —The Alzheimer's Association of Greater Indiana will host *Becoming an Expert Caregiver*, a free education program open to the public, Aug. 18 from Noon to 1 p.m. at the Terre Haute Public Library, Meeting Room B, One Terre Haute Square.

Becoming an Expert Caregiver is for those who are caring for a loved one with memory loss. This program will empower attendees with simple techniques to hone in on the strengths of their loved ones, and supporting their needs, while maintaining as much independence a possible.

Topics covered in the free program include:

- verbal and non-verbal communication
- coping with challenging behaviors
- preventing wandering
- activities of daily life such as bathing, dressing, toileting and eating.

There is no charge to attend this program, however, reservations are encouraged. The program will be cancelled if there are fewer than three individuals registered. To reserve your space or for additional information call the Alzheimer's Association Helpline at 1-800-272-3900.

Today, approximately 5.3 million Americans have Alzheimer's disease, including 120,000 Hoosiers. Almost 10 million Americans provide unpaid care for a person with Alzheimer's disease or another dementia. Every 71 seconds, someone develops Alzheimer's disease, making Alzheimer's disease the 7th leading cause of death.

The Alzheimer's Association is the world leader in Alzheimer 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 1.800.272.3900.

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