

**FOR IMMEDIATE RELEASE**

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**ALZHEIMER'S ASSOCIATION TEACHES COMMUNITY HOW TO EFFECTIVELY PARTNER  
WITH THEIR DOCTOR DURING FREE WORKSHOP**

**SHELBYVILLE** – To help those with memory loss, and the people who care for them, communicate more effectively with their physicians, the Alzheimer's Association of Greater Indiana, in partnership with CICOA Aging and In-Home Services, is offering a free workshop entitled, *"Partnering with Your Doctor,"* on August 13 from 6– 7 p.m. at the Shelbyville Senior Center, 1504 S. Harrison St.

*"Partnering with Your Doctor"* will provide information on how to develop and maintain an effective relationship with one's doctor. The program will include:

- Specific questions to ask the doctor
- What records are important to keep and how to keep them
- Techniques to strengthen communication
- How a strong partnership can reduce the stress

Workshop participants will learn strategies to make the best use of time with their doctors. The goal is to improve and enhance how patients, care partners and physicians relate in the care setting.

The program is free and registration is encouraged. To reserve a space or for additional information, call the Alzheimer's Association 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 [www.alz.org/indiana](http://www.alz.org/indiana).