



## FAMILY SUPPORT SERVICES

### Information & Referral Service

*Provides families and health care professionals with dementia specific information and community resources.*

### Caregiver Support Groups

*Led by trained local volunteers, the groups help caregivers cope with all aspects of the caregiving process.*

### Special Support Groups

*Support groups for individuals and care partners including those in Early Stages of the disease and those affected by Young Onset of Alzheimer's disease.*

### MedicAlert®/Safe Return® Program

*A national program that assists caregivers of dementia individuals who wander and become lost.*

### Dementia Training Programs for Respite Care Volunteers

*Trains volunteers on effective care techniques.*

### Outreach Projects in Rural Communities

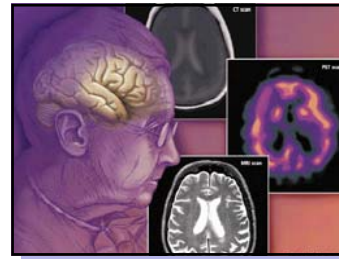
*Chapter staff is available in communities for scheduled presentations or programs.*

### Care Consultation Program

*Assists families with problem-solving and planning.*



## RESEARCH



The Chapter supports medical research on both the local and national level.



## 24/7 CONTACT CENTER

The Alzheimer's Association provides support and assistance to individuals. A call to 402.502.4300 or 712.322.8840 provides the caller with help and information. After business hours, on the weekends, and holidays please call 1.800.272.3900.



## ADVOCACY

Using a volunteer network, advocates bring about a greater awareness of the needs and problems facing caregivers of individuals with dementing disorders.



## EDUCATION & INFORMATION

### Community Presentations

- **Caregiver Educational Presentations**  
*Information for in-home & professional caregivers.*
- **Foundations of Dementia Care**  
*Training modules for professionals in residential care communities.*
- **Maintain the Brain Workshop**  
*Learn what you can do to live a heart healthy lifestyle that is good for your brain.*
- **Clergy Forum**  
*Specialized program for pastoral care providers.*
- **Presentations on Specific Caregiver Topics**
- **Professional Conferences & Workshops**  
*Provides current information to individuals caring for individuals with dementing disorders.*
- **"Lunch & Learn" Presentations**  
*As requested during the lunch hour for employees at area businesses.*

### Resource Lending Library

*A constantly updated collection of educational materials and videos on Alzheimer's disease and other dementias.*

### Chapter e-Newsletter: *Perspectives*

*A monthly publication that updates families and community leaders/professionals on Chapter activities, advances in research and caregiver tips.*

### Speaker's Bureau

*Volunteers provide information to civic organization meetings, at health fairs, and Community Health Charities (CHC) campaign presentations.*



## Midlands Chapter

The Alzheimer's Association Midlands Chapter is a not-for-profit corporation founded in 1982. The Chapter is headquartered in Omaha, NE and serves Northeast Nebraska and Southwest Iowa. The Chapter is comprised of volunteers, laypersons, and health care professionals committed to working together to accomplish the vision and mission of the Alzheimer's Association. The Midlands Chapter is dedicated to research, education, information, care, support and brain health to those affected by Alzheimer's disease and dementia.

The Alzheimer's Association is the leading donor supported voluntary health organization in Alzheimer's disease research, care, and support.

### Vision Statement

A world without Alzheimer's disease.

### Mission Statement

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.



[www.alz.org/midlands](http://www.alz.org/midlands)

## 10 Warning Signs of Alzheimer's disease:

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

### Volunteer Opportunities

For volunteer opportunities, including speakers bureau, advocacy, special events and Memory Walk committees please call 402.502.4301.



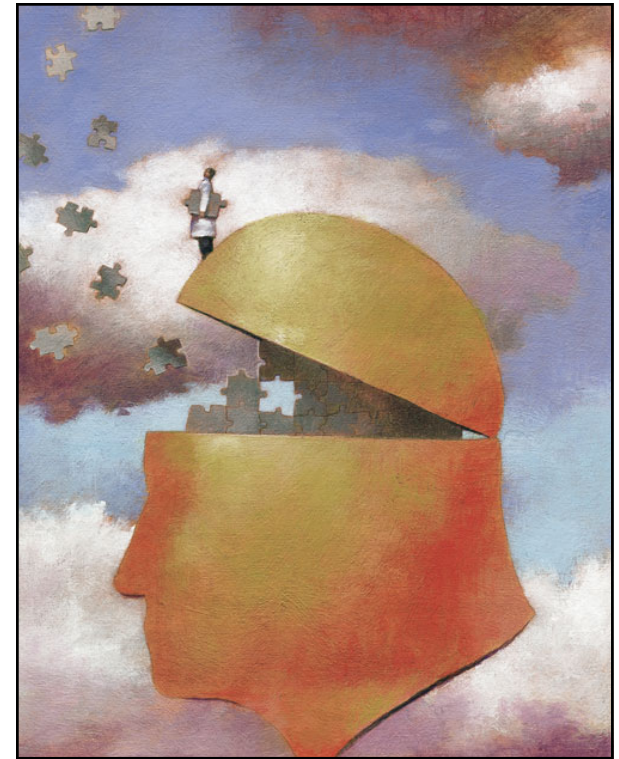
### Midlands Chapter Territory

#### Iowa Counties:

Fremont, Harrison, Mills, Pottawattamie and Shelby

#### Nebraska Counties:

Burt, Cedar, Cuming, Dodge, Douglas, Knox, Sarpy, Stanton, Washington and Wayne



## Midlands Chapter

### Headquarters Office

1941 South 42nd Street, Suite 205  
Omaha, NE 68105

Fax: 402.502.7001

Business Phone: 402.502.4301

Information & Referral: 402.502.4300

### Branch Office

Charles E. Lakin Human Services Campus  
705 North 16th Street

Council Bluffs, IA 51501

Fax: 402.502.7001

Information & Referral: 712.322.8840

**24/7 Contact Center: 1.800.272.3900**

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