

## Early-Stage Initiative

The Alzheimer's Association early stage initiative seeks to elevate the voice of those living with early-stage Alzheimer's disease to change public perceptions about who has the disease, what it means to be living with Alzheimer's and related dementias, and to engage communities.

For the purposes of program design and planning in the early stage initiative, "Early-Stage" refers to people, irrespective of age, who are diagnosed with Alzheimer's disease or related disorders and are in the beginning stages of their disease. In this stage individuals retain the ability to participate in daily activities and participate in a give-and-take dialogue. This includes individuals with "younger onset" that develop dementia under age 65 and are still in the early stages.

### Our Vision

- A world without Alzheimer's disease.



### Our Mission

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.

alzheimer's  association®

Western Carolina Chapter



24-hr Helpline: 1.800.272.3900

Available all day, every day.



Website: [www.alz.org/northcarolina](http://www.alz.org/northcarolina)

Support groups, education programs, and more available in communities.



Email: [infonc@alz.org](mailto:infonc@alz.org)

Contact your local chapter for information and on-going support.

Western Carolina Chapter 49 County Coverage



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## Minds in Motion early-stage program



get out, get active,  
stay connected!

it helps to have friends around every corner. . .

## Minds in Motion Early-Stage Program

### About Program:

The Western Carolina Chapter of the Alzheimer's Association provides a **6 month** Early-Stage program offering a comfortable way to receive support and socialize with others who are living in the early stage of Alzheimer's disease or another form of dementia.

Participants enjoy the company of others, while participating in a variety of group activities such as:

- Monthly Support Groups
- Quarterly Education Programs
- Referrals to Social Activities

### Getting Started:

Interested in learning more about the Minds in Motion Program? Please visit website and complete interest form!

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

Click on: Early-Stage - Interest Form

**For referral questions, call us or  
contact us:**

**1.800.272.3900 or  
email at: [infonc@alz.org](mailto:infonc@alz.org)**

## Education Programs

Join us for quarterly education programs that provide answers to the questions that arise for people concerned about Younger-Onset Alzheimer's disease or a related dementia. Learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Quarterly education programs focus on participants receiving knowledge and resources on Alzheimer's disease, as well as connecting with local professionals to assist with care planning options and resources.

## Support Groups

### Support Group Meetings:

Participants meet monthly to engage in dialogue and support from others affected by the disease.

Both care partners and individuals diagnosed meet simultaneously in separate groups.

### Facilitators in Support Groups:

Professionals trained by the Alzheimer's Association lead and facilitate both groups.

## Social Engagement

### Referrals to Social Activities:

Participants have the opportunity to engage in desired activities within the community, such as:

- Touring an art museum
- Attending a sporting event
- Taking a nature hike
- Trying a painting class

### Testimonials

"The early stage group is wonderful. To make the initial connection is so nice and to continue that is priceless!"

"Every part of this program is compelling. The bonding between individuals living with this disease is such a wonderful thing to witness."