

FAMILIES: Family Access to Memory Impairment and Loss Information, Engagement and Supports

(A Program of Riverside ClearPath)



The Riverside Center for Excellence in Aging and Lifelong Health is excited to promote the New York University Caregiver Intervention for family caregivers of individuals with Alzheimer's or other types of memory loss. This service provides counseling and support for caregivers over several months.

Benefits of the counseling:

- ▶ Reduced caregiver stress and depression
- ▶ Increased knowledge and insight for managing memory disorders and caregiving
- ▶ Opportunities for family member participation
- ▶ Similar programs have been shown to delay the need for nursing home care

Compassionate counselors will help with:

- ▶ Assessing your individual situation and concerns
- ▶ Understanding memory loss and how it may progress
- ▶ Developing a care plan that works for you and your family
- ▶ Assistance with finding local services and resources
- ▶ Discussing coping strategies for stress and changes in personality/behavior

This supportive service serves residents of:

- ▶ Greater Williamsburg area
- ▶ Middle Peninsula
- ▶ Northern Neck
- ▶ Peninsula
- ▶ Southside

Fees may apply

Convenient locations and videoconferencing options available

To learn more, call

Riverside Senior Care Navigation
toll-free at **888-597-0828**.

HOURS: Monday-Friday, 8:30 a.m. - 4:30 p.m.



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Aging and Lifelong Health