

early stage memory loss SUPPORT GROUP



This **eight week series** is a short-term guided support group environment comprised of diagnosed persons in the early stages of the disease and their care partners. It is designed to provide **support, encouragement and education** to participants. The support group will provide a safe place with opportunities to discuss issues and changes related to memory loss.

The goals of the program:

- Help participants develop coping methods
- Encourage caregivers to maintain their personal, physical and emotional health
- Opportunities to engage in socially and culturally enriching activities with others who are experiencing memory loss

If you or someone you know is dealing with Alzheimer's or other dementias and need more information:

contact

Elizabeth Cook | 800.272.3900

or go to our website
alz.org/kyin



Alee Solutions offers more than care navigation services to the greater Kentucky and Southern Indiana community. We are over joyed to share that our very own **Social Worker, Alisha Duvall MSW/MFT**, will be the **new facilitator** of the **Early-Stage Memory Loss support group** at the **Alzheimer's Association**. During this eight week series, Alisha Duvall MSW/MFT will be able to work directly with those diagnosed with memory loss to discuss an array of topics:

- How to adjust to the changing roles and relationships.
- Daily strategies for dealing with memory loss.
 - Realistic talks about daily life and how Assisted Living or Personal Care might fit into that life.
 - And much more!

contact

Alisha Duvall | 502.242.7691

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aleesolutions.org/alz

alzheimer's  association®

Greater Kentucky and
Southern Indiana Chapter

24.7**HELPLINE** 800.272.3900

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