



the compassion to care, the leadership to conquer

For Immediate Release

Media Contact: Kelly Hauer, Executive Director
Alzheimer's Association East Central Iowa Chapter
319-294-9699
Kelly.hauer@alz.org

**NEW ALZHEIMER'S ASSOCIATION CAREGIVER NOTEBOOK
GUIDES CAREGIVERS THROUGH
EVERY STAGE OF THE DISEASE**

Caregiver Notebook and Comfort Zone provide extra assistance to family caregivers

Cedar Rapids, Iowa, October 30, 2009 – According to the Alzheimer's Association 2009 *Alzheimer's Disease Facts and Figures* report, there are more than five million Americans living with Alzheimer's and as many as 10 million family caregivers. This November, during National Alzheimer's Disease Awareness Month and National Family Caregivers Month, the Alzheimer's Association is providing insight and support to those caring for someone with Alzheimer's with its new *Alzheimer's Association Caregiver Notebook*.

Developed with input from caregivers and an advisory council of expert organizations, the *Alzheimer's Association Caregiver Notebook* (Meredith Publishing, \$17.95) is designed to be a resource for caregivers throughout every stage of the disease. Using an easy-to-follow format, it covers the basics of Alzheimer's and contains tips for care and planning for the future, as well as a list of resources when additional information is needed. Each chapter includes a place to write notes or thoughts, making this book a personal record.

Topics include:

- o Taking good care of yourself
- o Understanding an Alzheimer's diagnosis
- o The basics of Alzheimer's disease
- o Legal and financial planning

o Caring for a person with Alzheimer's

"The progressive nature of Alzheimer's poses special caregiving challenges unique to this disease," said Kelly Hauer, Executive Director of the Alzheimer's Association East Central Iowa Chapter.

"The new *Caregiver Notebook* is a comprehensive tool to help families provide the best care possible while maintaining their own well-being throughout their journey with Alzheimer's."

The *Alzheimer's Association Caregiver Notebook* is available for \$17.95 at www.alz.org/caregivernotebook.

To go along with National Family Caregivers Month, the Alzheimer's Association is launching Comfort Zone™, powered by Omnilink, a web-based location management system service that allows family members to keep an eye on the person with Alzheimer's disease. Comfort Zone is intended to provide freedom and independence to those living with Alzheimer's, while offering protection against getting lost. Comfort Zone is the first location management system designed specifically for people with Alzheimer's in mind. Comfort Zone is available at www.alz.org/comfortzone.

Coinciding with the launch of Comfort Zone, there will be two DVD programs available to promote safety education. Part one: *Understanding Alzheimer's: An introductory Guide* will provide guidelines on diagnosis, treatment, and everyday life with dementia. Part two: *Alzheimer's and Safety: A Guide to Planning and Preparation* will outline safety issues, changes presented due to dementia, and cover topics including staying safe in the home, wandering, and driving. These DVDs are available www.alz.org/shop.

About the Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Our mission is 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. Our vision is a world without Alzheimer's. For more information, visit www.alz.org.

###