

FOR IMMEDIATE RELEASE:

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Alzheimer's Caregiver Series to be Presented in Lake Zurich

CHICAGO, IL---The Alzheimer's Association – Greater Illinois Chapter will present the Alzheimer's Caregiver Series on four separate dates in April from 7:00 p.m. until 8:30 p.m. at the Ela Area Public Library, 275 Mohawk Trail, Lake Zurich.

Tuesday, April 21 Memory Loss 101

Thursday, April 23 Understanding and Responding to People With Dementia

Tuesday, April 28 Building Caregiver Skills to Manage Stress

Thursday, April 30 Making Meaningful Memories

"As the Baby Boomer generation enters the age of greatest risk the need for well educated Caregivers will become evident," said Chris Garnaat, program manager for the Chapter. "The Greater Illinois Chapter's Program Services department has spent the last year revising and redesigning the Alzheimer's Caregiver Series to meet changing needs of Caregivers throughout the state. After looking thoroughly at the feedback from the previous series we have designed a new program that will be useful for new and returning caregivers alike."

The Caregiver Series:

Session One: Memory Loss 101 explores the common causes of memory loss, including Alzheimer's disease; the stages of Alzheimer's, the importance of a good medical examination, and current research and treatments.

Session Two: Understanding & Responding to People with Dementia focuses on common communication challenges and dementia-related behaviors that caregivers often face. Discussions will be centered on tips and techniques on the best ways to interact with a person with dementia and the possible causes of frustration and aggression and how to effectively respond.

Session Three: Building Caregiver Skills to Manage Stress will help caregivers recognize and minimize signs of stress in their lives and assist in setting realistic expectations of themselves and the person they care for.

Session Four: Making Meaningful Memories focuses on the fact that people with dementia need to feel a sense of purpose in their lives. In this session, we will share creative ideas that are active, passive, functional or just plain fun, giving your loved one with dementia a sense of purpose.

To register for any of these free programs call 847.933.2413 or visit www.alz.org/illinois.

About the Alzheimer's Association - The Alzheimer's Association, the world leader in Alzheimer research and support, is the largest voluntary health organization dedicated to finding prevention methods, treatments and cure for Alzheimer's. Since 1980, the donor-supported, nonprofit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes. **The Greater Illinois Chapter** serves dozens of counties with offices in Bloomington, Carterville, Chicago, Joliet, Rockford and Springfield. For more information, call our Helpline at 800-272-3900 or visit www.alz.org/illinois.