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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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CRISHealthyAging.org

Caring for Caregivers - Memory Support Program

CRIS HEALTHY AGING



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If your loved one is facing memory loss, we can help.

Are you a family member, friend or partner of someone with memory loss (or dementia)? Perhaps you deal with repetitive questions, emotional outbursts, or bouts of wandering or getting lost.

Do you find it increasingly difficult to meet the needs of your loved one? Do you have questions about navigating these changes? Perhaps financial decisions, treatment options, advance planning and personal-care concerns?

Has this shift left you feeling tired, stressed, depressed, hopeless or frustrated? Know that you're not alone. The CRIS Memory Care team wants to support you and help answer all your questions.

A PROGRAM BUILT FOR YOU AND YOUR LOVED ONE

Caring for Caregivers, our Memory Care Program, offers:

- Programming to reduce caregiver stress and strengthen your caregiving skills.
- Self-care practice.
- One-to-one caregiver education and brainstorming/advisory sessions.
- The option of group classes, or individual sessions that can be completed in our office, in your home

or virtually.

- An exercise program for you and your loved one.
- Social interaction for your loved one.
- Help connecting with other caregivers in similar positions.
- Respite care (temporary or intermittent relief for caregivers).
- Referrals to other common dementia resources.

TESTIMONIALS

"Since starting the program, I was more positive in my interactions with my husband."

"The problem-solving plan was the most helpful, because I was able to receive feedback on my ideas and had help to deal with the issues I was encountering better."

CONTACT US.

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