

# 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 offer The New York University-Caregiver Intervention for family caregivers of individuals with Alzheimer's or other types of memory loss. This federally funded research program provides counseling and support for caregivers over several months. There is no cost to program participants as funding is provided by the Administration for Community Living.

## Benefits of the program:

- Reduced caregiver stress and depression
- Increased family support
- Increased knowledge for managing memory disorders
- Opportunities to gain insights and knowledge about caregiving
- Assistance with finding local services and resources
- Opportunities for respite care for loved ones during caregiver counseling sessions
- 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
- Inviting other members of the family to participate in some of the counseling sessions
- Discussing coping strategies for stress and changes in personality/behavior

This is the first time this innovative program is being offered in Virginia and is currently available to residents of James City County, York County, Newport News, Hampton, Poquoson, Williamsburg, Gloucester and Mathews.

To determine if you are eligible for this program or to learn more, call **Riverside Senior Care Navigation** at **757-856-7030**.

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

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