

One-on-One Caregiver Support, Education, & Counseling

Resources for Enhancing Alzheimer's Caregiver Health (REACH)

What is REACH?

REACH is a proven approach used by trained caregiver consultants to support family members and others who are caring for someone with Alzheimer's disease or a related dementia. The goals are to:

- Teach caregivers how to **reduce stress, solve problems, and manage difficult behaviors** the person with memory loss may display
- Help caregivers **feel confident** in the care they provide and improve their ability to **cope**

How Does it Work?

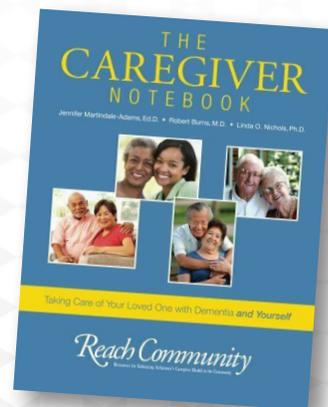
After the caregiver completes the REACH assessment, four core sessions are offered and tailored to what the caregiver most needs. The caregiver consultant holds the sessions online via Zoom or by phone, typically over 2 to 3 months. Caregivers are asked to make a contribution based on their income.

Who Can Participate?

Family members and others who have a significant personal relationship with someone with dementia and who provide regular or ongoing care for that person.

Sessions Include:

- Education about Alzheimer's disease/dementia, safety, and health issues
- Problem-solving techniques to manage behaviors or address issues
- Stress management activities that are easy and quick to do
- Extra sessions can be provided depending on caregiver need or interest
- *The Caregiver Notebook*, an easy-to-understand resource with dozens of topics ranging from physical care to communications issues, is provided



Learn More:

For more information, call **(651) 632-5320**, email caregiving@lyngblomsten.org, or visit us online at www.lyngblomsten.org/caregiving.

12/21

Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under an award with Trellis as part of the Older Americans Act.



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