

**CAREGIVER SUPPORT AND EDUCATION**

4/1/21

At Choice in Aging, we understand that we don’t just serve our clients, we serve caregivers as well. In addition to providing respite care, we offer services such as support groups and events designed especially for caregivers.

### ALZHEIMER’S CAREGIVER SUPPORT GROUP & EDUCATION

We are proud to present two FREE monthly support groups for caregivers and their families. The meetings address different topics each session. Navigating the life changing diagnosis of Alzheimer’s disease, related dementias or other complex diagnoses can be overwhelming, but we are here to help! The Group strives to answer the tough questions whether you are an old hand at caregiving or just starting on the journey. The focus is learning, sharing, planning and invariably laughing.

Support groups at the Mt. Diablo Center are focused on dementia and held in partnership with the [Alzheimer’s Association](https://www.alz.org/) on the 3rd Wednesday of each month from 4:30pm to 6:00pm. The Bedford Center group meets on the 1st Monday or Saturday and this group is open to any caregiver, it is not specific to dementia.

### FEATURES AND BENEFITS OF THE PROGRAM:

* Achieve a better understanding of Alzheimer’s disease and memory loss
* Develop coping skills for the inevitable changes
* Learning to address legal and financial issues
* Hear knowledgeable and professional speakers provide education and information
* Acquire tools for stress reduction
* Learn how to partner with doctors and understand the resources available
* Ask questions and get answers
* Be part of a circle of support where you help yourself and other and know you are not alone on your journey
* Topics change monthly

[MT. DIABLO CENTER SUPPORT GROUP FLYER](https://choiceinaging.org/wp-content/uploads/2019/07/doc17515620190722112716-1.pdf)

[THE BEDFORD CENTER SUPPORT GROUP FLYER](https://choiceinaging.org/wp-content/uploads/2018/08/Bedford-Support-Group-Flyer.png)

### PROGRAM ELIGIBILITY AND COST:

**The group is open to everyone and is FREE**. For more information about the Mt. Diablo program, contact group facilitator Betsy Flathers at (925) 682-6330 x103. For The Bedford Center support groups please contact Cheryl Kremer at (925) 778-4171 or ask for program director Michael Whalen.