

# 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 it works:

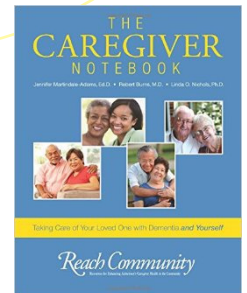
After the caregiver completes the REACH assessment, four core sessions are offered and tailored to what the caregiver most needs. The caregiver consultant holds the sessions in person (or by phone), typically over 2 to 3 months. The session fee is on a sliding-scale.

### 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.

### What the 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 communication issues, is provided.



### Learn more:

Contact Betsy Hoffman at (612) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

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