



CARING FOR SOMEONE WITH DEMENTIA OR ALZHEIMER'S?

For Help attend this award winning program:

PeopleWorks-NM

Dementia Caregiver Series

Location: 3939 San Pedro NE, Building 8C Albuquerque, NM 87110

Time: 9:00 AM to 4:00 PM Fridays Oct. 2nd to Nov. 6th

Location: 1005 21st St. Conference Room Rio Rancho, NM 87124

Time: 1:00 pm to 3:00 PM Fridays Oct. 14th to Nov. 18th

Cost: \$15 for Workbook;

Individual sessions utilize insurance - Co-Pays may apply

*MetLife and the National Alliance for Caregiving
2013 Innovations in Caregiving Award Recipient*



PEOPLEWORKS-NM's dementia caregiving

mission is: to provide compassionate counseling services and programs that support people caring for elders with Dementia and Alzheimer's.

THANK YOU to our Sponsors: Blue Cross Blue Shield of New Mexico & Retreat Healthcare!!!

Does caring for your loved one leave you feeling exhausted, depressed, angry or anxious? Need help?

Our Program Includes:

- ✓ 6 two hour educational group sessions
- ✓ 2 individualized counseling sessions
- ✓ The Alzheimer's Workbook
- ✓ Continued Crisis Management & Follow-up

Topics include:

- ✓ Understanding Dementia
- ✓ Problem Solving & Calming Difficult Behavior
- ✓ Increasing Meaningful Moments Together
- ✓ Positive Communication
- ✓ Long Term Planning
- ✓ Caregiver Wellness

CALL

(505) 990-4186

For More Information

RSVP

REQUIRED

CALL NOW!

CAREGIVER FACTS

1 in 5 persons serve as a caregiver

80% of long term care providers are family members, 3.1 billion nationwide

In NM we have 419,000 caregivers, and 274 million hours of unpaid care annually

Financial toll - \$303,880 over a lifetime (average) and \$324,044 in women!

In 2013, 700,000 people died of Alzheimers or dementia nationally

226 billion dollars per year are spent on persons with Alzheimers, nationally (113 billion in Medicare dollars)

Caregivers have 63% higher mortality than non caregiver population (Am. Psychological Assoc.)

Caregivers have three times as many stress symptoms, and use psychotropic drugs to help cope at a higher rate than noncaregivers (28% vs. 19%) Caregivers have problems balancing moods, and their life satisfaction is lower. (Journal of American Geriatrics Society, April 2015)

Caregivers caring for persons with dementia, contract dementia themselves within 5 years!

*Facts taken from Alzheimers.org and Statewide Caregiver Plan, if not otherwise cited.

GENERALLY, FOR OLDER ADULTS

26% have a mental illness during the course of the year. 15-16% have a primary mental illness, and 6-7% have dementia. (NIMH) i

Income for persons 65 and older – half have incomes less than \$23,500 which is 200% of poverty level. 15% are below poverty. (Kaiser Foundation 2015)

OUR PROGRAM FOR DEMENTIA CAREGIVERS

We pair 6 two-hour educational sessions with individual counseling. Additionally, we provide The Alzheimer's Workbook, resource information and phone support following the sessions. Counseling sessions are always available.

During our National Alliance for Caregiving award in 2013, we found that caregivers who attended our program reduced their anxiety by 15% and depression by 24% from pre/post tests.

We find emotional issues salient! If caregivers are flooded with emotional content, it prevents them from learning. They face trauma, grief, and perhaps a conflictual relationship with their care recipient. In concordance with our experience, Zarit (2008) at Penn State, found that caregiver education paired with a relationship with a psychotherapist was most effective to helping caregivers modify behaviors.

 PEOPLEWORKS-NM Phone: 505-990-4186

*VISION: Mental wellness services available to
persons in need regardless of economic status.*