

CONCERNED ABOUT SOMEONE WITH MEMORY LOSS? FOR THE PAST 45 YEARS, THE COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS HAS BEEN HELPING INDIVIDUALS, FAMILIES AND PROFESSIONALS WHO CARE FOR THOSE WITH MEMORY ISSUES BY PROVIDING COMPASSIONATE CARE, SUPPORT AND EDUCATION.

Care2Caregivers Helpline

800-424-2494

Telephone support for every step of your caregiving journey. Lines are answered by professionally trained peers who have also been caregivers. Supportive counseling, information, referrals and education. Special emphasis on caregiver wellness. 8:30 a.m. – 4:30 p.m. Monday to Friday or email 24/7 caregiver@ubhc.rutgers.edu.



March 2021 Virtual Caregiver Education



Rest for Caregivers: Tools for Supporting Good Sleep March 11th 1:00-2:00 pm

Sleep disruption is a major issue for people with memory loss and affects the entire household. This presentation describes the importance of sleep for mental and physical help, the normal sleep cycle, and changes in sleep patterns that occur with aging and with memory loss. Strategies for getting a good night's sleep are reviewed, including self-care habits and approaches.

Click here to register:

https://rutgers.zoom.us/meeting/register/tJMrd-qtrzlvHdFrnyZf_2Ehmbz9loqGVLQ3

These events are open to those who are currently caring for a loved one and for caregivers whose loved ones have died. Join us for these interactive sessions through either Zoom or your telephone.

Caregiver Reflections: Looking Back as We Move Ahead March 23rd 1:00-2:00 pm

This session is an opportunity for caregivers to reflect on the challenges and changes they have encountered in these uncertain times. Caregivers will have an opportunity to reflect on the strengths gained over this past year of pandemic life. As we look ahead to the future, we pause to acknowledge wisdom gained and how we can embrace the changes for a positive future. Connect with other caregivers and learn tips to support you going forward.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJMode2orTsjHdXsRyGUZGK3RNwYHJhZBZlw>

For more info email Monica at mlt4@ubhc.rutgers.edu or call Care2Caregivers at 800-424-2494.



Virtual Support Groups

Spouse Support Group: March 1st, 9:30 to 11am

Caregiver Support Group: March 9th, 1:00 to 2:00 pm

Spouse Support Group: March 15th, 9:30 to 11:00 am

Adult Child Caregiver Support: March 17th, 7 to 8 pm

Evening Caregiver Support Group: March 31st, 7 to 8 pm

Transitions Bereavement Group: March 25th, 10 to 11:00 am

All groups are free, open to the public and professionally facilitated. To register and receive log in information call 800-424-2494 or email Mary Catherine at lundqumc@ubhc.rutgers.edu.

Memory Disorders Clinic

If you are in need of a memory evaluation for a loved one or ongoing support to help manage behavioral disturbances, our specially trained Board Certified Geriatric Psychiatrist and team of Licensed Clinical Geriatric Social Workers are available to provide the latest treatment to support the health of your loved one and your entire family. For more info call **800-424-2494**.