



## FAMILIES: Family Access to Memory Impairment and Loss Information, Engagement and Supports

### Benefits of the program:

- Reduced stress
- Less depression
- Increased family support
- Improved caregiving skills
- Greater understanding of memory disorders
- Access to local services and resources
- Opportunities for respite care

### Compassionate counselors help by:

- Understanding your individual concerns
- Developing a care plan for your family
- Explaining memory loss and disease progression
- Discussing stress management strategies
- Involving others in your support system

### Program Consists of:

- Individual counseling visits
- Counseling visits with family/friends
- Phone support as needed

To determine if you are eligible for this program or to learn more, please call or email:

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IRB-HSR #17924

The University of Virginia Memory and Aging Care Clinic (MACC) is excited to host a study for family caregivers of individuals with Alzheimer's or other types of dementia.

FAMILIES is a federally-funded research program that provides counseling, support and access to resources for caregivers over several months.

This is the first time this innovative program is being offered in Virginia. It is available to residents of Charlottesville and Chatham cities and Albemarle, Augusta, Buckingham, Greene, Fluvanna, Louisa, Madison, Nelson, Orange and Rockingham counties.

There is no cost to participate in this program.

*Provided by:* UVA Memory and Aging Care Clinic and the Alzheimer's Association

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NYU Langone Medical Center

Riverside Center for Excellence in Aging and Lifelong Health

