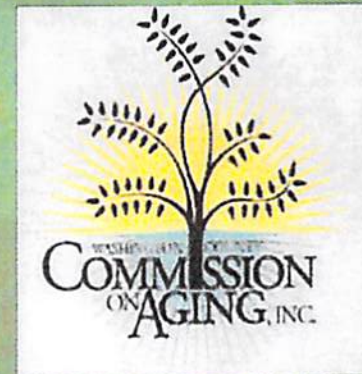## Grandparents Support

Meetings are the **1st Tuesday of each month from 10 am – noon** at the Commission on Aging. This group is a network of grandparents or relatives who have children living with them. For more information, call us at 301-790-0275 Ext 234

Family Caregiver Support

Meetings are the **3rd Tuesday of each month from 10 am – noon** at the Commission on Aging. This group is a network of family members caring for a loved one. For more information, call us at 301.790.0275 Ext 234
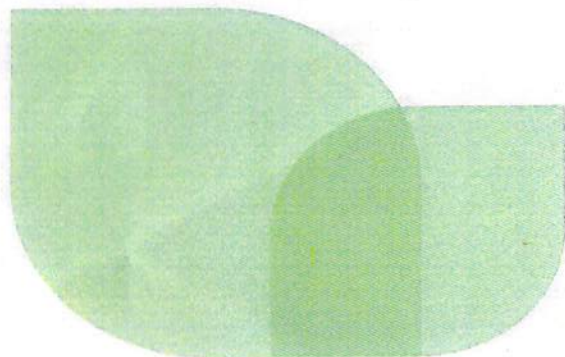
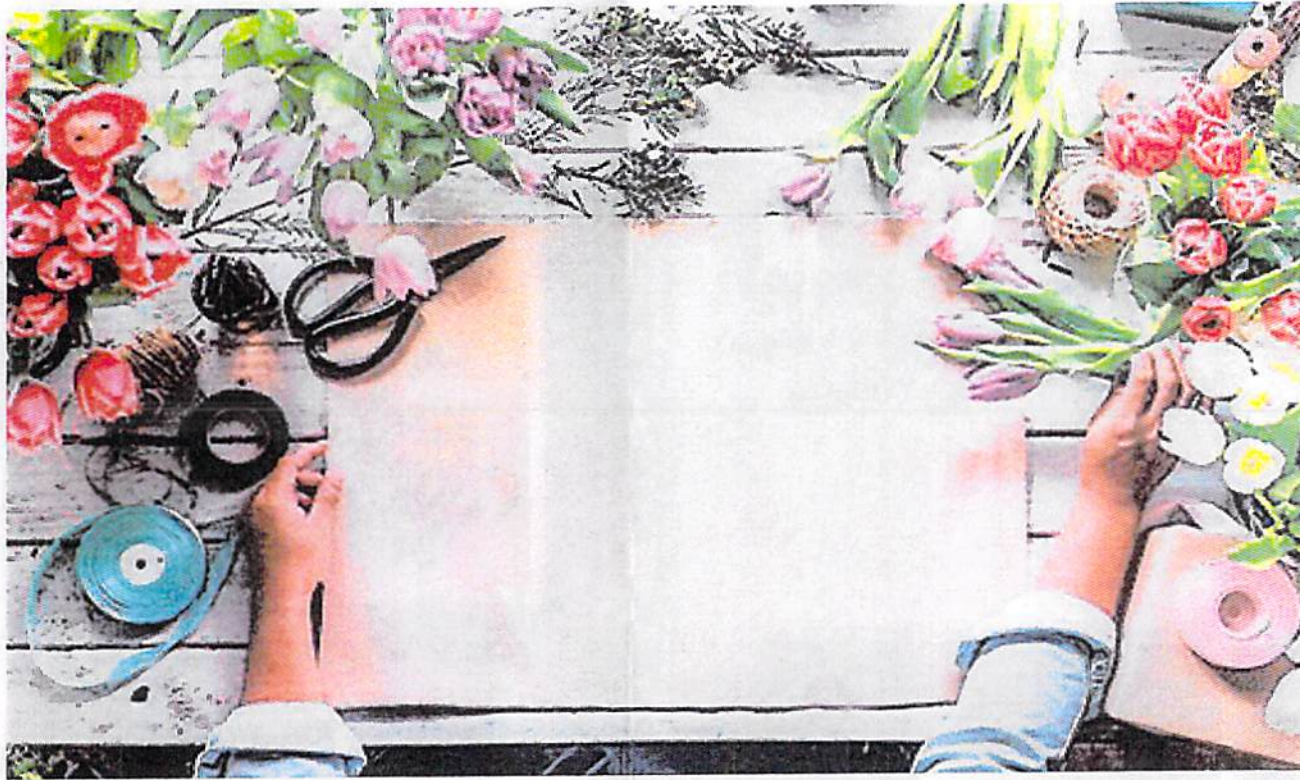" Caregiving often calls us to lean into love we didn't know possible." — Tia Walker

COMMISSION ON AGING, INC.

Caregiver Support

Groups

535 E. Franklin Street
Hagerstown, MD 21742
301.790.0275
Ext. 234

RCI REACH

(Resources Enhancing Alzheimer's Caregiver Health) provides education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress.

RCI REACH is an in-home, tailored, caregiver support intervention consisting of:

- 12 individual sessions in the home or by telephone; up to 9 face-to-face and 3 telephone sessions
- Program length 6 months
- Improvement in overall caregiver health and depression
- Reductions in feelings of burden from caregiving

Dealing with Dementia

The Dealing with Dementia Program is an evidence informed educational support program for caregivers of people living with dementia. The program includes:

- A four hour workshop in a classroom setting for either family or professional caregivers of people living with dementia.
- The Dealing with Dementia Guide, a 360 page comprehensive manual for dementia caregivers.
- An overview of the guide and how to find the information needed when it is needed.
- Highlights of topics such as insights into the caregiving experience, easily understandable explanation of dementia, best practices in caregiving, problem solving around dementia behaviors, and tips for caregivers to find time for self-care and stress management.