



ARE YOU UNSURE ABOUT

Where to start looking for help for an older relative?

How to get Mom to see a doctor?

When and where an older parent might move?

How to respond to personality or behavior changes in an older family member?

What to expect after diagnosis of a memory disorder?

Whether to participate in Alzheimer's research studies?

Duke Family Support Program

919-660-7510 or 800-646-2028

www.dukefamilysupport.org



SUPPORT, CARE OPTIONS, AND KNOWLEDGE



DUKE FAMILY SUPPORT PROGRAM

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CALL OR EMAIL US

with questions or concerns
or to request an information packet.

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Box 3600 DUMC, Durham, NC 27710
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A program of Duke University Center for Aging and funded by the NC DHHS Division of Aging and Adult Services.

DUKE FAMILY SUPPORT PROGRAM



Paul D. Jones

A bridge to understanding your options

A no-cost service for all NC families and professionals caring for someone with a memory disorder and other cognitive disorders of late life

**A North Carolina Alzheimer's
Family Support Program**



HERE FOR SUPPORT

Duke Family Support Program STAFF



LISA GWYTHER
MSW, LCSW

Director, **Duke Family Support Program**, provides assistance to families and professionals concerned with how to best care for cognitively-impaired older adults



BOBBI MATCHAR
MSW, MHA

Social Worker, **Duke Family Support Program**, directs the Early-Stage Memory Loss community programs



JANELI McNEAL
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Social Worker, **Duke Family Support Program** and **Duke Neurology-Memory Disorders Clinic**; Family Consultant, central NC **Project C.A.R.E.** (Caregiver Alternatives to Running on Empty)



NATALIE LEARY
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Social Worker, **Duke Family Support Program**; Family Consultant, central NC **Project C.A.R.E.**

For Families and Professionals

It's simple and convenient.
No red tape, forms or eligibility information required.

HOW WE HELP

We offer all North Carolina residents these services at no charge:

Confidential, personalized tips on caring for people with memory disorders

The **Caregiver** newsletter published twice a year and monthly **Triangle Area E-News**

Telephone or email help with care decisions, evaluating assisted living or nursing facility care and coping strategies

Help selecting support groups, education programs, websites or books

Provide access to **NC Project C.A.R.E.** for dementia-specific care consultation and respite services for caregivers who care for family members at home

OUR SUPPORT GROUPS

Durham Alzheimer's Evening Family Support Group
Thursday evening, monthly at Duke

Daughters Concerned for Aging Relatives Support Group
Wednesday noon, monthly at Duke

Bryan ADRC Person with Dementia and Care Partner Support Group
Tuesday morning, monthly in Durham

Memory Makers: Early-Stage Memory Loss Education and Support Group
4 and 8-week programs

**Call 919-660-7510
for more information.**



"I received validation of my feelings that I didn't receive anywhere else."

"I have been given a 'roadmap' for the days ahead."

"I have become a kinder and more sensitive caregiver to my spouse as a result of the support group."

"I was so frustrated when Mom kept forgetting things. I didn't know how to help her or where to start ... Thank you for helping me understand that I don't need to go through this alone ... I don't feel like I'm starting from scratch now."

"The assistance I received made the transition and the decision-making process easier."

