

## **Meridian Manor**

### **ALZHEIMER'S/DEMENTIA CAREGIVERS SUPPORT GROUP**

#### **Facilitator: Make Reese**

Mark is currently a Counselor and Program Associate for Comprehensive Support for Alzheimer's Caregivers at the University of Minnesota. He has co-designed and implemented a comprehensive psycho-educational intervention, addressing the needs of caregivers of individuals with dementia. He has conducted individual and family counseling sessions to reduce the stress of caregiving and improve family communications. He has delivered frequent workshops and speaking engagements on Alzheimer's disease, communication issues surrounding dementia and caregiving for dementia patients to raise public awareness about these issues. He organizes the biannual Caregivers Education Conference for the University of Minnesota in order to provide caregiver education to the public and to promote the University's research study.

#### **Session 1 – June 8<sup>th</sup>**

Introduction of moderator and purpose of the group.

Review of the ground rules

Introduction of members

Review list of current topics and adjust accordingly

Caregiver Support

#### **Session 2 – July 13<sup>th</sup>**

Education on the various types of dementia represented by the group.

Caregiver Support

#### **Session 3 – August 10<sup>th</sup>**

Caregiver Stress "Part One" – Preventing Caregiver Burnout

Caregiver Support

Session 4 – September 14<sup>th</sup>

Caregiver Stress “Part Two” – Controlling Frustrations, Changes in Relationships  
Caregiver Support

Session 5 – October 12<sup>th</sup>

Classification of Medications Used in Treating Dementia – Side Effects – Holistic and  
Alternative Methods  
Caregiver Support

Session 6 – November 9<sup>th</sup>

Managing Care at Home – Transferring/Bathing Techniques/Adaptive Equipment  
Caregiver Support

Session 7 – December 14<sup>th</sup>

Managing Stress During the Holidays – Creating Happy Family Memories  
Caregiver Support

Session 8 – January 11<sup>th</sup>

Nutrition – Changes in Appetite – Making Eating Easier  
Caregiver Support

Session 9<sup>th</sup> – February 8<sup>th</sup>

When Enough is Enough: Dealing with the Guilt/Shame/Grief of Placement in Memory  
Care or Long Term Care  
Caregiver Support

Session 10 – March 8<sup>th</sup>

Family Dynamics in Caregiving – How to Communicate as a Family – Defining Caregiving Roles

Caregiver Support

Session 11 – April 12

How to Communicate with Someone with Memory Loss and Behavior Management

Caregiver Support

Session 12 – May 10<sup>th</sup>

Hospice and Palliative Care – What Does It All Mean?

Caregiver Support

Session 13 – June 14<sup>th</sup>

Financial and Legal Concerns – Advance Directives – Powers of Attorney

Caregiver Support