

Caregiver Support Programs

Contact: Lezlie Poole, Lezlie.Poole@gsw.edu

RCI REACH

Specifically for dementia caregivers, this face-to-face tailored program consists of stress management, problem solving, self-care obstacles and education on troubling dementia behaviors. This program includes several sessions over the course of 6 months. This program is offered in various locations throughout the U.S. Contact Lezlie for further information.

Contact: Gayle Alston, Gayle.Alston@gsw.edu

Dealing with Dementia Behaviors

This workshop for family and professional caregivers provides tips and strategies for caregivers on best practices for caring for their loved ones and themselves. Caregivers who attend will also receive a copy of the new *Dealing with Dementia Behaviors Guide*, which provides hundreds of pages of information and solutions to problems caregivers face on a daily basis. This program lasts approximately 4 hours. This program is offered throughout the state of GA. Contact Gayle for further information.

Contact: Elizabeth Blount, Elizabeth.Blount@gsw.edu

BRI Care Consultation

This is a telephonic/e-mail program that assists caregiving families by empowering them to manage care and decision-making more effectively, find simple and practical solutions to caregiving problems, find services and understand insurances and emotional support throughout the caregiving journey. This program lasts 12 months. This program is offered throughout the state of GA. Contact Elizabeth for further information.

Contact: Katherine Nance, Katherine.Nance@gsw.edu

Operation Family Caregiver

This one-on-one program coaches the families and friends of returning service members and veterans to manage difficult transitions. The program, conducted via Skype or FaceTime, takes place with several sessions over the course of four months. This program is offered in various locations throughout the U.S. Contact Katherine for further information.

Contact: Gayle Alston, Gayle.Alston@gsw.edu

Caring for You, Caring for Me

This program addresses the needs of family and professional caregivers by bringing them together in a relaxed setting to discuss common issues, share ideas and gain a better understanding of each other's perspective on what it means to be a caregiver. This is a 10-hour program which is conducted in five two-hour weekly sessions. Local programming available in Sumter and surrounding counties. Facilitator guide may be purchased online for implementation in various locations throughout the U.S.