

Mission: To enhance the lives of individuals
with Alzheimer's disease and
other dementias

Alzheimer's Disease and Dementia Early- Stage Support Group

The Alzheimer's Association's Early-Stage Support Groups

The purpose of Early-Stage Support Groups is to provide a safe and supportive environment of peers who are living in the early stages of Alzheimer's disease or related dementia and their care partners. These groups offer dementia-related education, emotional support, and connections with resources so that the group members (both those with AD and their care partners) may enhance their lives in the midst of the disease.

Please call one of the following Support Group Facilitators to talk with them and see if this group might be right for you.

Julie Robinson, LMSW

208.860.5127

Dee Childers, MA, MFCT

208.321.5567

alzheimer's  association®

the compassion to care, the leadership to conquer

Please call for dates, time and location.

Early-Stage Support Groups provide an opportunity for members to:

- Exchange practical information on early-stage problems and their possible solutions.
 - Share different ways of adapting and coping to the stresses of the disease.
 - Share feelings, needs and concerns in a confidential, safe, supportive, non-threatening and non-judgmental atmosphere.
 - Process feelings associated with living with the early stages of the disease (e.g., fear, frustration, worry, guilt, anger, and other emotions) with others who have experienced similar feelings.
 - Receive assistance with developing realistic expectations of themselves and others.
 - Understand the impact of the disease on relationship dynamics.
 - Provide social contact and reduce feelings of isolation.
 - Establish empathic connections among families dealing with similar experiences so they can call on each other when they need support or connection.
 - Understand the importance of preserving quality of life through physical and cognitive activity, and by asking for and accepting help in all areas of their lives.
 - Familiarize themselves with resources of the Alzheimer's Association and in the community.
 - Learn how to advocate on behalf of themselves and others with the disease.
 - Receive current and accurate information on aspects of Alzheimer's, including recent advances in research and public policy issues.
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