

Our Mission Statement

Our commitment is to empower individuals to accept, cope and overcome the challenges of Alzheimer's disease and related dementias by providing education, encouragement, support, community service and advocacy.



Alzheimer's Support Center
20 South Main St., Suite 5
Janesville, WI 53545
To schedule a class or for
more information
Phone (608) 314-8500
Email educCOORD@tds.net

Check us out on the web:
www.alzheimerssupportcenter.org

Understanding Alzheimer's disease

Classes for family
caregivers



**Thank you to our sponsor
United Way of North Rock
County**



“Bloom and Grow in Knowledge”

Session 1

This session will feature an overview of the stages and symptoms of Alzheimer’s disease and related dementias. In addition, information related to wandering and other safety issues will be discussed including the Safe Return program.

“The Leaves of the Whispering Oak Tree”

Session 2

This session will offer techniques for communicating effectively with a person with dementia. A discussion on the different legal documents needed including the power of attorney for health care, guardianship, and durable power of attorney for finance and property will fill your trunk with helpful information.

“Your Wheel barrel of information”

Session 3

As a caregiver you will need to make hard decisions regarding your loved one’s care. This session offers guidelines to follow when looking for a facility or respite care. Also, you will begin to recognize the different levels of grief and the different phases of grief that you may experience as a caregiver.

“Fertilize and Pruning the Care giving Tree”

Session 4

Just as a fruit tree needs continual pruning in order to bear fruit, so does a caregiver. A caregiver needs continual support and nourishment to thrive. In order to remain strong and healthy as a caregiver, you must take time to care for yourself. Tips on how to care for yourself will be discussed. It session will also focus on how to access community resources to obtain the best available care for your loved one.

***When and where
is the class being held?***

Dates: April 7th,14th,21st and April28th

Time: 2:00 – 4:00 p.m.

Location: The United Way of Rock County , 205 N. Main St., Janesville

Trainer: Tammy Pence, Education Coordinator Alzheimer’s Support Center

This four week series meets for 2 hours starting on April 7th

If you are interested in the classes please call

(608) 314-8500 to register



Respite Services

Respite can be provided for your loved one while you attend these classes

**For more information call
(608) 314-8500**

To register , complete this form and mail it to the Alzheimer’s Support Center at 20 South Main St., Suite 5 Janesville, WI. 53545

Registration is required due to limited space in the class.
Cost; \$15.00 per person

Name:

Address:

Phone:

Email (if applicable):

**Yes/No, I will need respite for my loved one.
(please circle one)**