

# Telephone caregiver support group

The Alzheimer's Association, National Chapters is providing a **Telephone Caregiver Support Group** for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site. The meeting is the **first Monday of every month, from 2pm to 3:30pm Mountain time.**

Call **1-800-272-3900** for more information about joining the telephone support group! Contact: **Kelli Moorehead**

The group is designed to:

- “ Provide emotional, educational and social support for caregivers through regularly scheduled meetings
- “ Help participants develop methods and skills to solve problems
- “ Encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia