

Alzheimer's Arkansas Family and Caregiver Services

Support Groups - Support groups provide opportunities for caregivers to share information, receive support and learn about additional community resources.

Caregiver 24 Hour Telephone Support— Staff provides referrals, information, educational and emotional support. For after hours support call: 501-913-1878.

Phyllis Watkins Family Assistance Program Grant— The grant offsets the costs of home modifications, legal services, respite care or home care supplies for those diagnosed with Alzheimer's or a related dementia.

The Family Caregiver Support Grant (Available for individuals who are served by the Central Arkansas Area Agency on Aging). This grant is for respite care only.

Family Consultations— Private visits, ABC's are provided by appointment at our office or designated locations.

Community Awareness Presentations— Key topics are tailored to fit the needs of the group.

In-service Training for Professionals— Training is available on an as-needed basis and customized to meet the needs of the organization.

Family Advocacy— Staff will assist caregivers to advocate for their loved ones

Alzheimer's Arkansas

Our mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementias are able to live with dignity and comfort until a cure is found.

Programs and Services

- Toll-free 24-hour telephone support for caregivers
- Family and early stage patient support groups
- Financial assistance to family caregivers
- Family and professional caregiver education
- Community awareness presentations
- Newsletter

Programs and services are funded through grants, memorials and other donations, and special events such as the Alzheimer's Arkansas Walks, Amp Out Alz and Chilirhea,

Alzheimer's Arkansas Programs and Services does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.



EDUCATIONAL OPPORTUNITIES

Presentations and Training

Available From

Alzheimer's Arkansas



201 Markham Center Drive
Little Rock, AR 72205

501-224-0021 or 800-689-6090

Web site: www.alzark.org

EDUCATIONAL OPPORTUNITIES

General Presentations

- **Alzheimer's Disease.** Overview of Alzheimer's and other types of dementia
- **Caregiver Guilt**
- **Ethics and Dementia**
- **Activities of Daily Living**
- **Difficult Behavior & Unmet Needs**
- **Stress Management**
- **Assessment Tools**
- **Caring for the Caregiver: Respite Needs**
- **Depression**
- **How to Care for Your Aging Parents: Ethics and Values**
- **Learned Helplessness**
- **Communication**
- **Long-Term Planning—Levels of Care**
- **Meaningful Activities**
- **Nutrition and Exercise**
- **Tough Decisions for Families**
- **Emergency Assistance for First Responders**
- **What is normal aging?**
- **"A Faith-Centered Partnership of Care" for faith congregations**
- **Healthy Living for Healthy Aging**

New presentations are developed regularly. If what you need is not on this list, call and ask us about it.

In-Service Training for direct service staff in for-profit in-home care agencies, day care centers, nursing homes, assisted living residences and other organizations

- The nature of Alzheimer's disease and other dementia, including definitions and stages
- Strategies for reacting to common behavior problems resulting from Alzheimer's or related dementia
- Communication skills
- Positive therapeutic interventions and activities, such as exercise, sensory stimulation and activities of daily living
- The need for and benefits of family interaction with the resident
- Developments and new trends in the fields of Alzheimer's or related dementia including treatments
- Environmental modification to minimize problems

Other training topics are available—call Alzheimer's Arkansas for a complete listing. Most can be adapted to meet specific needs and time constraints.

-Fee for in-service training is \$150 per hour, plus mileage at current federal rate and lodging. Fees include class materials for 20. Additional participants cost \$10 each.

-Non-profits may receive two trainings per year with only the expense of mileage and lodging. Additional training is \$100 per hour.

Presentations to family caregivers and the general public are free. However, attendees who want Continuing Education Credit (CEUs) must each pay \$15 per hour. CEUs are available only for presentations lasting one hour or more. Participants must sign in and complete the evaluation form to receive CEU.



Training for staff can be divided into modules and can be offered to shifts as needed. Training is conducted by Alzheimer's Arkansas staff, based on availability and facility needs.

Occasionally, Alzheimer's Arkansas may offer a "Train the Trainer" workshop. The trainer can then provide training for other facility staff.

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Program Staff:
Elise Siegler, President
Priscilla Pittman, Program Director