

Getting lost on your way home, forgetting to turn off the stove, or not remembering your child's name — these are typical moments for people who suffer from memory loss or Alzheimer's disease. Not only is this challenging for the individual with the diagnosis, but it can be a difficult and overwhelming journey for the caregiver as well.

Recognizing that individuals with Alzheimer's disease and their caregivers have many needs, The Eddy began developing innovative services for Alzheimer's care in the 1980s. Today, Eddy Alzheimer's Services (EAS) offers an array of free supportive services to individuals and families challenged with Alzheimer's disease and related dementias.

Caregiver Support Services

Through the Alzheimer's Caregiver Support Initiative*, EAS provides a wide range of free support and respite services for caregivers across a 10-county region, including Albany, Columbia, Delaware, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, and Saratoga counties. These services include:

Care Consultation

Specially trained social workers serve as care navigators who meet with caregivers of individuals diagnosed with Alzheimer's and other dementias to develop a personalized plan to help them find needed resources, services, and community connections.

Family Consultation

Family consultations are facilitated by care navigators and provide a forum for caregivers and family members to come together to discuss areas of common concern and work collaboratively to develop strategies to address these concerns.

Education

Education and training programs are designed to help caregivers understand the progression of Alzheimer's disease and prepare for their evolving role as a caregiver.

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EDDY ALZHEIMER'S SERVICES



**Eddy Alzheimer's
Services**

ST PETER'S HEALTH PARTNERS

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Support Groups

Caregiver support groups are designed to provide emotional support, information, resources, and a platform for caregivers to share strategies and lessons learned with other caregivers.

Respite Care

Respite care provides temporary relief from the stresses associated with caregiving. Respite services may include in-home respite, an adult day program, or facility-based care such as an assisted living residence or nursing home.

Alzheimer's Care Teams

Alzheimer's care teams are groups of volunteers, usually consisting of four to 12 members, who provide valuable non-medical assistance, support, and companionship to individuals with Alzheimer's disease and other dementias and their families. Team members receive training and ongoing support through EAS.

Memory Café

A community group for individuals with memory changes and their loved ones. Participants engage in conversation and meaningful activities. All individuals with memory changes must be accompanied by a companion.

Additional Services

Additional funding enables EAS to expand its evidence-based education and support services. These include:

In-Home Behavioral Consultations

This in-home program is designed for caregivers who are dealing with the behaviors associated with their loved one's Alzheimer's disease or other dementias. This four-session, one-on-one consultation is conducted by a Certified Dementia Practitioner who will help caregivers develop an individualized step-by-step plan to manage behaviors.

Topics include:

- Bathing
- Combativeness
- Confusion
- Nutrition
- Emotions
- Grief
- Hallucinations and delusions
- Sleeping
- Sundowning
- Wandering
- Other behaviors



Mind, Body, Skills Group

This eight-week program offers a powerful and effective combination of research-based healing therapies to help caregivers deal with life changes, stress, and illness in an intimate and supportive group setting.

Savvy Caregiver

This six-week program is designed to give family caregivers the skills and knowledge necessary to successfully care for a loved one with dementia.

Topics include:

- Defining the role of the Savvy Caregiver
- Exploring dementia
- Caregiver self-care
- The impact of dementia on behaviors
- Managing behavioral issues
- Communication techniques
- Providing structure and support for your loved ones
- Other available resources



Savvy Caregiver Advanced

This four-week program is designed for caregivers who have completed our Savvy Caregiver program. This program provides additional information about managing the behaviors associated with Alzheimer's disease and other dementias.

Topics include:

- Advanced communications techniques
- Advanced behavioral guidance
- Caregiver self-care
- Future planning

Support for Individuals Living Alone

EAS offers supportive services to individuals living alone with Alzheimer's disease and related dementias. These services assist these individuals with varying aspects of their life so they may maintain their independence and remain in their home. Services are available in Albany, Rensselaer, Saratoga, and Schenectady counties and include:

- In-home care
- Adult day programs
- Transportation
- Case management services

For more information about EAS, please call (518) 238-4164, or visit sphp.com/alzcare.