What's the Purpose?

Support groups provide an opportunity for people with an early stage dementia diagnosis, family, friends, caregivers and others to meet regularly for mutual emotional support and to exchange coping skills with one another in matters relating to dementia.

About a Support Group:

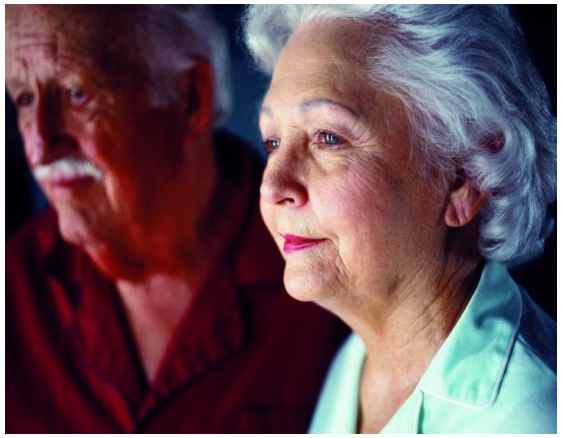
* Creates a safe, supportive environment or community
* Educates & informs
* Develops methods & problem solving skills
* Encourages participants to maintain personal physical & emotional health
* Open to all ages

For more Information on Support Groups or Dementia Education Contact Aging & Disability Resource Center of the Lakeshore

Manitowoc Office:
4319 Expo Drive
Manitowoc, WI 54220

Phone: (920) 683-4180
TTY: (920) 683-5168
Fax: (920) 683-2718
Toll Free:
1-877-416-7083

Coping with Dementia ?



Join an Early Stage Dementia Support Group

ADRC Aging & Disability Resource Center of the Lakeshore

alzheimer's association®

Is a Support Group for You?

Benefits

With many responsibilities and precious little free time, often a caregiver's first question about a support group is, "What will I gain?"

Some support group members offer their feelings on this:

- *"Until I started going, I didn't know how much I was needing some support!"*
- *"It's one of the best hours of my month…being there with others who really know how hard this is."*
- *"The chance to just sit and listen is fantastic and I've learned so much!"*

Your Opportunities

- Become part of a supportive community of people who know what it is like to live with dementia
- Have an opportunity to talk and share
- Provides a chance to learn more about dementia
- Learn how others cope with similar situations
- Promotes personal growth & development
- Encourages participants to maintain personal physical and emotional health
- Provides a place to meet new people
- Creates new informal support and social relationships
- Take a break from caregiving responsibilities
- Have a chance to ask questions and receive support

Your Privacy

Support Group conversations often include matters like how a family is reacting, financial concerns or medical conditions. These are not things that are easily shared and members are not allowed to speak outside of the group about matters discussed.

All support groups are confidential. What is said within the group, stays within the group.

Meeting Details

The ADRC of the Lakeshore, partnering with the Alzheimer's Association, offers a dual support group.

When: 1st Tuesday of the month

Time: 10-11 am

Where: ADRC of the Lakeshore – Manitowoc Office, 4319 Expo Drive

Facilitators have one support group available for those who have early memory loss or a dementia diagnosis and another for caregivers, family and friends. The two groups run concurrently but separately from each other. First time visitors please call for information as a pre-screening is required. Once screened, no reservations are necessary. Feel free to join us each month!