

For more information on any of

CaringKind's

free programs and services,
please call our

CaringKind Helpline:

646-744-2900

or visit us at

www.caringkindnyc.org



Education & Training

Our training and education programs help you understand and navigate the challenges of Alzheimer's disease and caregiving. We provide knowledge and skills to help you more successfully care for someone with dementia and take care of yourself.

To learn more, visit us at www.caringkindnyc.org/Education.

- **Understanding Dementia for Caregivers** - A safe, comfortable place to learn about dementia and the resources and services that can help you cope with the challenges today while you plan for the future.
- **Legal & Financial Seminars** - Volunteer elder law attorneys acquaint family members with the legal and financial issues associated with planning and long-term care.
- **Medicaid Home Care Seminars** - Caregivers are guided through the application process for Medicaid home care service in New York City for a person with dementia.
- **Placing Your Relative in a Nursing Home** - An overview of long-term care options, the steps involved in moving a person with dementia to a nursing home, paying for nursing home care, how to ease the transition for both the person and the caregiver, and how to successfully advocate for a nursing home resident.
- **Monthly Educational Meeting** - Meeting topics change monthly based on questions received from caregivers. Past topics have included: Dementia and Driving, Activities for People with Dementia, Managing Challenging Behaviors, and Early Stage Issues.
- **Family Caregiver Workshops** - A ten-hour, interactive program designed to improve the quality of life of a family caregiver and the person with dementia. Topics covered include: Understanding Dementia, Effective Communication Strategies, All Behaviors Have Meaning, Safety in the Home, Caring for the Caregiver, and Designing Strength-Based Activities.
- **Dementia Care Training for Professional Caregivers** - A six-week, nationally recognized program that specifically aims to help direct care workers provide the highest quality of care to persons with dementia.
- **Support Group Leader Training** - An opportunity for health care professionals and former caregivers to learn how to lead caregiver or early stage groups.

Social Work Services

Our social workers provide in-depth, personalized consultations for individuals and families facing the decisions and challenges associated with Alzheimer's disease and other dementias. Our professional social workers address each family's unique concerns to develop a care plan. Social workers can meet, by appointment, in person in Manhattan, Brooklyn, Queens, and Staten Island, or by phone and email.

Beginnings at CaringKind

A social gathering for older adults with early or mid-stage Alzheimer's disease, dementia, and other neurocognitive disorders. Each meeting offers social, intellectual, and physical engagement in an uplifting and safe environment. To learn more, visit www.caringkindnyc.org/beginnings.

Support Groups

Support Groups provide a comfortable place to discuss caregiving challenges, share your feelings and find emotional support. Talking with people who truly understand will help you feel less alone as you confront the many challenges of caregiving. Support Groups take place in multiple languages throughout the five boroughs. To learn more, visit us at www.caringkindnyc.org/SupportGroups.

MedicAlert® NYC Wanderer's Safety Program

Everyone with dementia is at risk for wandering. Our Wanderer's Safety Program, MedicAlert® NYC, provides a safety net for your family member and for you in the event someone is missing or found. Our 24-hour nationwide emergency response service provides assistance in finding people who have wandered locally or far from home, or who have a medical emergency. To enroll, visit www.caringkindnyc.org/WanderSafety.

Together We Care™

Are you a family member looking to hire private home care workers? Together We Care posts profiles of graduates of our Dementia Care Training for Professional Caregivers, making it easier for families to find the right person for their needs. Create a free profile, post an ad, and start searching on www.TogetherWeCare.com.

connect2culture®

Our cultural arts program, connect2culture®, creates unique opportunities for people living with dementia and their caregivers to stimulate conversation and engagement through art, music and dance. To learn more, visit us at www.caringkindnyc.org/Connect2culture.

Palliative and Residential Care Program

The Palliative and Residential Care program addresses the need for improving the quality-of-life and care for individuals diagnosed with moderate and advanced dementia, whether they live at home or in a residential setting, by promoting a palliative, comfort-focused approach to care. This approach involves taking active steps to bring comfort, thus helping to prevent or ease pain and distress. To learn more, visit us at www.caringkindnyc.org/PalliativeCare.

OUR MISSION

The mission of CaringKind* is to create, deliver, and promote comprehensive and compassionate care and support services for individuals and families affected by Alzheimer's disease and related dementias, and to eliminate Alzheimer's disease through the advancement of research. We achieve our mission by providing programs and services for individuals with dementia, their family and professional caregivers; increasing public awareness; collaborating with research centers; and informing public policy through advocacy.

**Formerly known as the Alzheimer's Association, New York City Chapter*