

Resources for Enhancing Alzheimer's Caregiver Health (REACH)

One-on-one caregiver support, education, and counseling

REACH is a proven approach used by trained caregiver consultants to support family members and others who are caring for someone with Alzheimer's disease or a related dementia. The goal is to:

- Teach caregivers how to reduce stress, solve problems, and manage difficult behaviors the person with memory loss may display
- Help caregivers feel confident in the care they provide and improve their ability to cope

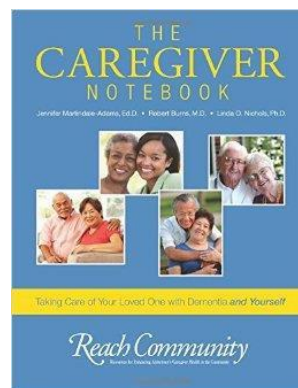
How it works: After the caregiver completes the REACH assessment, four core sessions are offered and tailored to what the caregiver most needs; the caregiver consultant holds the sessions in person or by phone, typically over 2 to 3 months; services are provided on a **sliding-scale**

Who can participate: Family members and others who have a significant personal relationship with someone with dementia and who provide regular or ongoing care for that person

Find area caregiver consultants at: Assumption Community Faith in Action, Family Pathways, Helping Hands Outreach, Horizon Health Faith in Action, Northwoods Caregivers, and Senior Community Services.
To connect with caregiver consultants and learn about REACH and other supports they offer, see contact information list.

What the REACH sessions include:

- Education about Alzheimer's disease/dementia, safety, and health issues
- Problem-solving techniques to manage behaviors or address issues
- Stress management activities that are easy and quick to do
- Extra sessions can be provided depending on caregiver need or interest
- *The Caregiver Notebook*, an easy-to-understand resource with dozens of topics ranging from physical care to communication issues, is provided



Learn more about REACH in the Central Minnesota region by calling:

Senior LinkAge Line at 800-333-2433

REACH Caregiver Consultants in Central Minnesota

When family caregivers receive support and skills for their particular needs, they can better care for their loved ones and for themselves. By working with the caregiver consultant, the caregiver can become aware of and use other aging services and resources.

Assumption Community Faith in Action Stearns County & St. Cloud Metro Area Phone: 320-348-2322
Family Pathways Chisago & Isanti Counties Jayne: 651-257-7905 Kanabec, Mille Lacs, & Pine Counties Angie: 320-364-1115
Helping Hands Outreach Holdingford, St. Stephen, and surrounding communities Phone: 320-746-9960
Horizon Health Faith in Action Morrison County Phone: 320-468-6451 Option: 8
Northwoods Caregivers Cass County Phone: 218-333-8264
Senior Community Services Albertville, Big Lake, Buffalo, Elk River, Hanover, Monticello, Otsego, & St. Michael Phone: 952-746-4028

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