

# DEMENTIA FAMILY CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association® and Kaiser Permanente



## BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND.

Caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- » Develop a support system.
- » Exchange practical information on caregiving challenges and possible solutions.
- » Talk through issues and ways of coping.
- » Share feelings, needs and concerns.
- » Learn about community resources.

## SUPPORT GROUPS (FOR KAISER AND NON-KAISER MEMBERS):

- » Free of charge
- » Open discussion led by trained facilitators
- » Call 800.272.3900 for more information

In partnership  
with:



The following groups are in partnership with Kaiser Permanente and the Alzheimer's Association:

### **Kaiser Martinez Memory Center**

4th Tuesday of the Month  
2:30–4 p.m.

### **Kaiser Permanente Modesto Medical Center**

2nd Thursday of the month  
2:30–4 p.m.

### **Kaiser Point West (Sacramento)**

2nd Monday of the month  
10 a.m.–Noon

### **Kaiser Redwood City**

1st Thursday of the month  
6–8 p.m.

### **Kaiser San Jose**

2nd Monday of the month  
5:30–7 p.m.

### **Kaiser Union City**

4th Monday of the month  
6–7 p.m.

### **Kaiser Oakland**

#### *Spousal/Partner Caregiver Group*

4th Tuesday of the month  
10:30 a.m.–Noon

#### *Non-Spousal Caregiver Group*

4th Thursday of the month  
10:30 a.m.–Noon

### **Kaiser Roseville Medical Center**

2nd Wednesday of the month  
10–11:30 am

### **Kaiser Permanente Senior Health and Memory Center Clinic (Sunnyvale)**

2nd Tuesday of the month  
7–8:30 p.m.

3rd Tuesday of the month  
10:30 a.m.–Noon