

Some Comments from Caregivers We've Helped:

"Thank you so much for calling me. You are such an angel. I had the resource book right in front of me but I just didn't know where to start."

"I appreciate you thinking of me. I have been having such a hard time and your call has given me hope."

"Talking with you recently helped me calm down. I was upset about my Mom's behavior and you helped me better understand what was going on. I feel so much better..."

Speak to One of Our Caregivers Today!



Call
1.800.424.2494

On the web:
Care2Caregivers.com

Email:
Care@Care2Caregivers.com

Care2Caregivers

Funded by the State of New Jersey Department of Human Services through the COPSA Institute for Alzheimer's Disease and Related Disorders at RUTGERS University Behavioral Health Care.

Care2Caregivers

WHEN YOU CARE • WE ARE THERE



Making Life
a Little Easier
for Caregivers



Very few of us are prepared to become caregivers. When someone we love is first diagnosed with dementia, our lives, and theirs, become filled with uncertainty. It's hard to imagine how much our loved ones will change, and how much our lives will change as a result.

The changes caused by dementia will vary from person to person, as will the challenges that lay ahead for their caregivers. It can be overwhelming, and there are so many questions that so desperately need answers.

The good news is ... you are not alone.

Care2Caregivers was created to help dementia caregivers. Our peer counselors have all been caregivers themselves. They are trained and familiar with the broad range of services available to caregivers, and they can offer a wealth of valuable tips and "lessons learned" from their own experience and the experiences of others.

We provide **GUIDANCE**

- ✓ *Advice on how to respond to changes in thinking, behavior and moods*
- ✓ *Tips on helping everyday activities go more smoothly*
- ✓ *Counseling and Education*
- ✓ *Coaching on how to manage difficult behaviors*
- ✓ *Referrals to Resources*
- ✓ *Help negotiating community services*

We provide **SUPPORT GROUPS**

We also offer a variety of support groups and we'll help you find one that's right for you. Please call us to learn about dates and times.

Speak to one of our caregivers at:
1.800.424.2494

We will communicate with you in the way most convenient for YOU – phone, text, email, chat, or post mail.

Remember... **YOU'RE NOT ALONE**

Alzheimer's disease is life-changing for both those who are diagnosed and those close to them. Whether you are just beginning your caregiving journey, or have been on the path for a while, there is no need for you to go through it alone.

An experienced caregiver from **Care2Caregivers** can walk beside you, giving you the support, guidance and compassion that only someone who has been there can provide. **Call today.**



Visit us on Facebook!

www.facebook.com/care2caregivers

