

CarePRO: Care Partners Reaching Out



Developing the Skills Needed to Care for Someone with Dementia or Memory Loss

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- ◆ Are you a family caregiver residing in Arizona that helps care for someone with dementia or memory loss?
- ◆ Do you provide an average of 4 hours of care or supervision per day for that individual?
- ◆ Do you find caring for your loved one increasingly demanding of your time and energy?

**If so, CarePRO may be able to help you.
Through our free workshops you will learn:**

- **About dementia and its impact**
- **How to manage your frustration, irritation and stress**
- **How to communicate with your loved one**
- **How to take better care of your own health**

For more information or to register for workshops, please call:

Alzheimer's Association Desert Southwest Chapter

- Toll Free 1-800-272-3900
- Central Arizona Office 602-528-0545

The CarePRO Program, supported through a grant from the U.S. Administration on Aging, is being conducted in Arizona and Southern Nevada. CarePRO is the creation of David W. Coon, PhD, Dolores Gallagher-Thompson, PhD, & Larry W. Thompson, adapted from their research project, "Coping with Caregiving Intervention."