

CAREGIVING ACROSS BORDERS VIRTUAL DEMENTIA FAMILY CAREGIVER SUPPORT GROUP

Presented by the Alzheimer's Association®



VIRTUAL SUPPORT GROUP FOR THOSE SUPPORTING A LOVED ONE WITH DEMENTIA FROM ABROAD

Caring for a loved one with dementia is always challenging - but when you're doing it from another country, the distance can make everything feel even more overwhelming. From coordinating care plans and staying in touch with healthcare providers to building a reliable support network back home, long-distance caregiving requires unique strategies and support. Whether you're just beginning this journey or have been navigating it for some time, this group offers valuable insights and resources to help you feel more connected, informed, and empowered.

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

- Free of charge
- For family and friends of persons with dementia only.
- No solicitation allowed

1st Monday of the Month

Time: 6-7:30 p.m. PST/PDT

Meeting Format: Zoom

REGISTRATION: 800.272.3900

Call our 24/7 Helpline to register, find other groups meeting in Northern California and Northern Nevada or if you need additional support.

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800.272.3900