



# HEALTHY

# LIVING UP 2 ME

A six-week workshop developed by Stanford University is an evidence-based program for people living with chronic conditions or caregivers of someone with a chronic condition.



Learn to cope with fatigue, pain, stress and depression. Increase knowledge of nutrition, exercise and medication usage. Improve communication skills and Achieve weekly goals.

**(702) 333-1546**

For Workshop Info and Schedule  
[nevadaseniorservices.org](http://nevadaseniorservices.org)  
[nvhealthyliving.org](http://nvhealthyliving.org)

## What Care Partners Should Know...

Studies show Dementia Caregivers are at increased risk for:

- ◇ Depression
- ◇ Vulnerability to Illness
- ◇ Financial Loss
- ◇ Social Isolation
- ◇ Anxiety, Upset, Feeling Overwhelmed
- ◇ Increased Mortality



### We CARE ...

Nevada Senior Services Social Work Staff is here for you and your family. We offer FREE assistance, support and information at the Adult Day Care Centers of Las Vegas and Henderson. Please contact us if you need help or a hug. We are here to serve you.

### Nevada Senior Services Care Partner Institute

**(702) 364-2273 (844) 850-5113**  
toll free

#### Adult Day Care Center of Las Vegas

901 N. Jones Boulevard  
Las Vegas, NV 89108  
Phone (702) 648-3425  
Fax (702) 648-1408

#### Adult Day Care Center of Henderson

1201 Nevada State Drive  
Henderson, NV 89002  
Phone (702) 368-2273  
Fax (702) 243-2273

[www.nevadaseniorservices.org](http://www.nevadaseniorservices.org)

Several programs are made available through the support of NV Aging & Disability Services Division

## Nevada Senior Services

# Programs for CARE PARTNERS



Nevada Senior Services is dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging.

"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself."

-Ralph Waldo Emerson

## REACH

HELP IS IN REACH

**RCI REACH** is a FREE PROGRAM for family caregivers of persons with Alzheimer's disease or other forms of dementia

**RCI REACH** is an in-home, tailored, caregiver support program consisting of 12 individual sessions in home and by telephone over a six-month period

**RCI REACH** provides evidence-based education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress

## Skills<sub>2</sub>Care<sup>®</sup>

Occupational therapy strategies for caregivers of people with memory loss

### Operation Family Caregiver (In 2017)

Coaching & support for caregivers of newly returned service members & veterans managing difficult transitions

## Care Consultation

### Caregiver Phone Support



Care Consultation is a **FREE**, telephone-based information and support service for caregivers across the lifespan. Care

Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being.

### CARING for YOU CARING for ME

A five-part series addressing the needs of family and professional caregivers by bringing them together in a

relaxed setting to discuss common issues, share ideas, and gain a better understanding of each other's perspective on what it means to be a caregiver.

**FOR INFORMATION AND  
REGISTRATION CALL OUR  
CARE PARTNER INSTITUTE  
(702) 364-2273 or  
Toll Free  
(844) 850-5113**



## RESPIRE CARE & SUPPORT SERVICES

is available to care partners for a few hours a week to allow personal time and a break from 24 hour caregiving. Our professional and friendly staff are at your service for necessary errands, caregiving and companionship for loved ones. This program is free to qualified families.

**CALL (702) 333-1564**

**Support  
Learn  
Grow**



**FREE Caregiver Support Groups  
for families living with  
Alzheimer's & other dementias**

**Adult Day Care Center of Las Vegas\***  
1st Wednesdays 10:00 - 11:00 am  
3rd Wednesdays 10:00 - 11:00 am

**Adult Day Care Center of Henderson\***  
2nd Tuesdays 10:00 - 11:00 am &  
Free Chi Kung 11:00 - 12:00 pm

4th Tuesdays 10:00 - 11:00 am

**\*\* Please call Centers to RSVP**