

Dementia Education/Caregiver Support Groups & Programs

Alzheimer's Association Caregiver Support Group at Blue Grass United Methodist Church- They host a support group for caregivers of individuals with dementia. It is held the second Monday of the month at 2pm. They often have educational guest speakers. Please call [\(812\) 867-3997](tel:8128673997) for more information. Their address is 14200 Petersburg Rd, Evansville IN 47725. Their website is <https://bluegrass.church/>

Primrose Retirement Community – They host a support group the last Wednesday each month at 2pm. This monthly gathering is open to residents, family members, caretakers or anyone interested in support or information on dementia. Please contact Dottie at 812-573-0088. Their address is 9800 Outer Lincoln Ave, Newburgh IN 46730. Their website is <https://primroseretirement.com/newburgh-indiana-senior-living-communities/>

Dementia Friends Indiana Information Session- This session is held at SWIRCA & More's main conference room on the 2nd Monday of each month at 1pm. Zoom is available. Please contact Linda Wright to sign up at lwright@swirca.org or 812-492-7443. For more information go to <https://swirca.org/dementia-friends>.

SWIRCA Caregiver Support Group: Non Dementia Related Medical Conditions- The Caregiver Support Group meets the second Wednesday of every month at 3pm. This is a safe place to discuss stresses and challenges. The meetings are held in SWIRCA & More. Contact Linda Wright at 812-492-7443 or Lwright@swirca.org. Their website is <https://swirca.org>

SWIRCA Living with Dementia (LWD) Support Group (early stages)- The LWD Support Group meets the last Monday of every month at 2pm. This support group is at the same time as the Dementia Caregiver Support Group. This support group benefits persons living with dementia by providing activities and discussions designed for their cognitive needs, fostering social connections and reducing isolation. The meetings are held in SWIRCA & More. Please contact Linda Wright before attending. Her contact information: 812-492-7443 or Lwright@swirca.org. Their website is <https://swirca.org>

SWIRCA Dementia Caregiver Support Group- The Support Group meets the last Monday of every month at 2pm. This support group is at the same time as the Living with Dementia Support Group. This support group is a safe place to discuss the stresses, challenges, and shared experiences from caregivers. The meetings are held in SWIRCA & More. Contact Linda Wright at 812-492-7443 or Lwright@swirca.org. Their website is <https://swirca.org>

SWIRCA Virtual Caregiver Support Group - The Support Group is a Zoom meeting held on the third Tuesday of every month at 2pm. This is a beneficial meeting for those that cannot leave their care recipient alone, live in the outer counties, and/or cannot travel to SWIRCA. Please contact Linda Wright for Zoom link. Her contact information: 812-492-7443 or Lwright@swirca.org. Their website is <https://swirca.org>

Alzheimer's Association Caregiver Support Group at Walnut Creek Alzheimer's Special Care Center – Meetings are the 3rd Saturday of every month at 10:00am. The address is 525 Bentee Wes Ct, Evansville IN 47715. Their phone # is 812-471-3100.

TCARE Program- Better Care Starts with Self-Care- (*Tailored Caregiver Assessment and Referral*) is a caregiver assessment tool that focuses on the needs of the family caregiver. Through a series of questions, we can determine those areas of stress that can lead to caregiver burnout. After an assessment has been completed, one

of our Caregiver Care Managers will develop an individualized care plan to help the family caregiver manage their role and identity as a caregiver. Our staff will help get you connected to local support groups, counseling, caregiver support and education, financial assistance, benefits counseling, and respite to reduce stressors. If interested, please visit: <https://caregiver.tcare.ai/screener/app/swirca/tgY5QExCcF7Mbrqx987akDJd>. Or contact Linda Wright, Aging Supports & Services Supervisor, at lwright@swirca.org or (812) 492-7443.

West River Health Campus- – Support group meetings are the 3rd Thursday of every month at 1:30pm. Please call Megan Caswell for more information. They also offer an Adult Day Care program ranging from 2 hours up to 10 hours per day. The address is 714 S Eickoff Rd, Evansville IN 47712. Their phone # is 812-985-9878. Their website is <https://trilogyhs.com/senior-living/in/evansville/west-river-health-campus/>

Oasis Dementia Care- – Men support group meetings are the last Wednesday of every month at 12:00pm. Please call Keith or Kayla for more information on the location of meetings. Oasis offers another support group on the last Thursday of every month at 6:00pm located at 4301 Washington Ave, Evansville IN 47714. Their phone # is 812-303-3310. Their website is <https://www.oasisdementiacare.com/>

Bethel Wellness Community, Bethel Manor – caregiver support group meetings are the third Wednesday of every month at 10:00am. Please call Darrin Carnahan for more information on the location of meetings. His phone number is 425-8182 ext 121. Bethel Wellness Short Term Rehab facility is located at 6015 Kratzville Rd, Evansville IN 47710. Their website is <https://bethelwellness.org/>

Memory Cafes- there are several memory cafes in the area- Vanderburgh, Warrick, and Spencer counties. Please contact Linda Wright at SWIRCA & More at 812-492-7443 or lwright@swirca.org

Resources:

- <https://www.communityresourcefinder.org/ProviderSearch/>
- adrccares.org/resources
- familycaregiversonline.net

Books:

- **Reversing Alzheimer's (2024)-** Dr. Sandison distills complex neurocognitive research into actionable steps, empowering you to: fortify your brain health against cognitive decline, implement lifestyle changes that can reverse the effects of Alzheimer's, transform your environment to support cognitive wellness, understand options for brain health to fit any budget. Dr. Sandison's expertise, derived from her clinical practice, residential care, and peer-reviewed research, charts the course for a future where Alzheimer's is not a terminal diagnosis, but a reversible condition. \$22 on Amazon.
- **The Brain Health Kitchen: Preventing Alzheimer's Through Food (2023)-** explores the diet-dementia connection with 100 recipes using neuroprotective foods ie berries, leafy greens). Focuses on Mediterranean diet principles to reduce Alzheimer's risk. \$12 on Amazon.