

# Resources for Enhancing Alzheimer's Caregiver Health (REACH)

Serving the Greater Dallas/Fort Worth Metroplex

Are you overwhelmed by the challenges of caring for a person with dementia?

If so, the REACH program may be just what you need.

Addresses common issues that affect caregivers

Challenging Behaviors

Safety

Self Care

Social Support

Stress



1-800-272-3921



## REACH

- Is a six-month program in which caregivers talk with dementia care specialists at least once a month to learn strategies to cope with the challenges of caregiving.
- Addresses common issues like depression, problem behaviors, safety, self care, social support and stress.
- Is offered at no charge.



**North Central Texas Area Agency on Aging**

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