



EARLY STAGE SERVICES

Our early stage programs are designed to meet the needs of individuals and families who are beginning their journey with Alzheimer's or another dementia. We offer a safe environment, information and resources, and an opportunity to meet others and make new friends who are going through the same journey.

FAMILY CONSULTATIONS

Whether someone has received a diagnosis of Alzheimer's disease or a related dementia, we are here to help by providing information, support, guidance and resources. The goals of an early stage consultation include:

- Helping individuals and their care partner(s) create a personalized care plan, which may include participation in the Memory Club
- Answering questions about early stage and young on-set dementia
- Providing referrals to other services and supportive programs in the community
- Providing appropriate educational materials and event information

MEMORY CLUB (8 week series)

The Memory Club is a cutting-edge program specifically designed for individuals with early stage Alzheimer's disease or a related dementia and their care partners. Memory Club is a comprehensive support, education, and peer group that meets weekly. Together we learn about the emotional impact of dementia and we create an atmosphere that nurtures new friendships and peer support during and beyond the group experience. The following are themes addressed in the Club:

- Understanding the disease process
- Family dynamics
- Safety
- Practical planning for the future
- Emotional and psychological responses to the diagnosis
- Communication
- Honoring independence versus taking over
- Coping strategies
- Changing responsibilities, roles and task sharing

GRADUATION CLUB

Graduates from the Memory Club who meet criteria may choose to continue in the Graduation Club. The Graduation Club maintains the same objectives as the Memory Club, but topics and discussions are directed by those in the group. Additionally, the Graduation Club will incorporate reminiscing as well as guided imagery and meditation for the persons with dementia.

ALUMNI CLUB

The Alumni Club offers continued support, sharing, and education for care partners who are no longer eligible for Graduation Club participation. For the person with the diagnosis, there are community options which can provide exceptional supportive services.

EARLY STAGE CARE PARTNER SUPPORT GROUP

Early-stage support groups are offered to meet the needs of those affected by an early stage diagnosis. Support groups are available to people who are living alone with a dementia, spouses or adult children providing support, and care partners who support someone living with a young-onset diagnosis. These support groups offer a safe space to talk through challenges, share feelings and concerns on issues like role reversal and feelings of loss, and how best to maximize independence.

COMMUNITY PARTNERSHIPS

Alzheimer's Los Angeles has developed strong community partnerships with adult day centers to meet the needs of our clients who are no longer eligible for our early stage programs. These centers offer programs for both the person with the diagnosis and the care partner. Additionally, Alzheimer's Los Angeles offers engaging activities programs such as Memories in the Making art program, basebALZ, Memory Mornings and much more.

EARLY MEMORY LOSS CONFERENCE

A one-day, interactive conference in Southern California for people with early stage Alzheimer's disease or related disorders and their care partners. The conference provides education, information, resources and an opportunity to learn about others' stories of coping and living life with memory loss.

BOARD OF DIRECTORS EARLY STAGE MEMBERS

The Board of Directors has recognized the importance of including a person with an early stage dementia diagnosis to the Board.

- Jay Smith: FY 08-09
- Paul Fox: FY 14-15
- Cindy Tenn: FY 22-Present
- Bob Patterson: FY 10-11
- Pansy Greene: FY 13-16
- Susan Franklin: FY 11-12
- John Tiedeman: FY 18-Present

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