

Early Stage Services

MEMORY CLUB

The Memory Club is an 8-week series designed to meet the needs of both the individual with memory loss and their care partner. Each session focuses on a different aspect of adjusting to life with dementia. Memory Club empowers the entire family through knowledge, support, and a sense of community.

Topics covered during Memory Club include:

- Understanding the disease process
- 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

Pre-assessment is required for participation in Memory Club.

For more information:

Cassandra Rivera

323-930-6230

crivera@alzla.org



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844.HELP.ALZ
AlzheimersLA.org