

You Are Not Alone

15.7 million family
caregivers care
for someone with
Alzheimer's disease
or another form of
dementia



Rosalynn Carter
INSTITUTE
FOR CAREGIVING

Wellness & Caregiver 
Center of Ventura County

*Program funding received by the
Arthur N. Rupe Foundation*



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CAMARILLO
HEALTH
CARE
DISTRICT 
For your health & wellness

IT'S **OK**
NOT TO
OK BE

Your
Guide
to
REACHing
Your
Caregiver
Goals

Resources for Enhancing Alzheimer's Caregiver Health (REACH)

Designed by The Rosalynn Carter Institute

REACH is an evidence-based, scientifically studied program developed by the Rosalynn Carter Institute for Caregiving to improve the quality of life for dementia caregivers. This program provides education, a focus on safety, support for the caregiver, and building skills to help caregivers manage difficult behaviors and decrease their own stress. Through sessions with a certified REACH Coach, participants benefit from one-on-one, individualized discussions about such topics as emotional well-being, stress management, problem solving, communication skills, coping with troubling behaviors, self-care and health management, and accessing resources and support.

REACH for...

- Emotional Well-Being
- Stress Management
- Problem Solving
- Communication Skills
- Social Support Networks
- Resources
- Self-Care
- Safety Strategies

What You Can Expect ...

We sincerely encourage you to participate in this valuable program...there is no fee. When you join us for your individualized plan, you can expect:

- A dedicated, trained coach who will be your primary partner in the program
- 12 individual sessions, either in person or by telephone
- Individualized support, education and skills-building plan
- Coping strategies and tools for your specific challenges
- A copy of the Comprehensive Caregiver's Guidebook "Dealing with Dementia"
- Encouragement, compassion, understanding and confidence

Client Testimonial

"This has helped me in ways that nothing else has been able to help me. I've been to support groups and read informational books, but this has been by far the most helpful."

~Family Caregiver, Session 12

Why You Should Call...

The REACH program is available to Ventura County residents caring for a loved one with a memory impairment. There is no cost to participate due to an important grant provided by the Arthur N. Rupe Foundation. The Wellness & Caregiver Center of Ventura County provides practical, compassionate and reality-based education and support for caregivers and those with ongoing health issues and conditions. Professional staff are trained and certified in the REACH Program by The Rosalynn Carter Institute.



If you or someone you know would benefit from the **REACH program** please call us at

800-900-8582

Quiz

	YES	NO
Are you unable to keep up with leisure activities that you enjoyed before caregiving?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel irritable or lose your temper with others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel unhappy or feel a loss of gratitude?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lack the energy to cook, clean, and take care of everyday basics?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel hopeless about the future?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel overwhelmed by all you have to do?	<input type="checkbox"/>	<input type="checkbox"/>
Has someone criticized your caregiving or suggested you're burning out?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel that no one is looking after or caring for you?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "Yes" to four or more, and are caring for a loved one with dementia, Alzheimer's disease or other cognitive impairment, please consider participating in the **REACH Program.**