

**HAND OUTS**

**CITY COUNCIL  
MEETING**

**OCTOBER 3, 2023**

# About Us

We focus on the PERSON with cognitive impairment and what is STILL POSSIBLE. Our philosophy is to assist the individual and family whether it is providing resources, up-to-date information, and very importantly, socialization.

We believe that "life goes on," and encourage both caregiver and loved one to tap into that!

# Our Programs

We provide ongoing programs and services that support all those affected, helping to build needed skills, learn to manage behaviors, and prepare for the future. Most programs involve both the caregiver and loved one.

**Support Groups**

**Social & Education Programs**

**Respite Care**

**Community Outreach**

**Creative Arts & Music**

**Please contact us for more information.**

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**OUR PROGRAMS  
AND SERVICES**

[www.cvalzheimers.org](http://www.cvalzheimers.org)







Caregivers and loved ones are invited to join us every Tuesday at 10 a.m. for fun social time with music, games sing-alongs, exercise, Bingo, conversations, lunch and more – all part of the social interaction.

## Support Groups

Join us for ongoing weekly or bi-weekly support groups for caregivers of loved ones with dementia, persons with Parkinson's and their care partners, stroke patients and those who have lost a loved one. Meet with others in similar situations, share experiences, insights, and gain expert advice for caring for yourself and loved ones.



The ACV Screening Center will offer no cost screenings to those concerned with cognitive impairment or memory loss, review results with clients, caregivers, and referring physicians. ACV will provide them with education and resources to benefit the individual and the caregiver.

This social and educational program is for both the caregiver and diagnosed loved one. Experts in a variety of fields present a different topic each week designed to educate, support and prepare families along their Alzheimer's journey.

### Dementia Caregiver Training

Professional and family caregivers learn the best practices to care for patients with Alzheimer's/dementia. Professionals earn California state-approved Continuing Education Units. A different topic is covered each month.

### Meaningful Conversations

This two-part series helps families, friends and caregivers prepare for a positive visit experience and alleviate stress for both the patient and visitor.



Breathing Space is our scholarship program for family caregivers to hire a temporary licensed caregiver for their loved one with dementia so that the family caregiver can take much-needed respite time for him / herself.

### Community Outreach/Speakers Series

ACV's professional volunteers are available to speak on a variety of topics related to Alzheimer's / dementia, in-home and other care options, as well as community resources.

### Creative Arts & Music

Monthly art classes taught by professional artists are for both the diagnosed and caregiver. Weekly Tunes for the Memory engages everyone with singing and playing musical instruments.

