

Neal Young, Director

## FOR IMMEDIATE RELEASE

## MEDIA CONTACT

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## CarePRO offers skills workshop to Alzheimer's caregivers

PHOENIX – (August 14, 2009) A collaborative team that includes the Alzheimer's Association Desert Southwest Chapter, Arizona State University (ASU), The Department of Economic Security (DES) and Pima Council on Aging is pleased to announce a new program – Care Partners Reaching Out (CarePRO) – that will offer skill-building workshops for persons caring for loved ones who are coping with dementia such as Alzheimer's Disease and related disorders.

CarePRO is being launched on a pilot basis in Pima County, using a \$250,000 grant from the Alzheimer's disease Supportive Services Program which uses funds from the U.S. Administration on Aging. A second grant application is being sought to allow CarePRO to become a statewide project.

The first of several CarePRO series offered in Pima County over the next 12 months will start in September at the Southern Arizona Regional Office of the Alzheimer's Association, 3003 S. Country Club Road, Suite 209, in Tucson. Pre-registration and an initial screening process are required to participate.

Each CarePRO session will engage seven to 10 caregivers in workshops that provide education about dementia and its impact on families. Up to 80 caregivers will be trained in ways to manage stress and techniques to help them communicate better with loved ones suffering from memory loss. The program also includes personalized telephone "coach" calls that help caregivers implement the skills introduced in the workshops.

CarePRO is part of a nationwide effort to provide evidence-based skills to caregivers. David W. Coon, PhD, an ASU professor who is one of the nation's leading experts on caregiver support, designed the program based on research done at Stanford University.

Feedback from Pima County's program will be used to evaluate the training to determine how much it helps caregivers deal with the known stressors and health impacts that come from caring for loved ones suffering from Alzheimer's and related disorders.

The Family Caregiver Support Program (FCSP), administered by the DES Division of Aging & Adult Services, joins with such partners as the Pima Council on Aging to support 600,000 family caregivers statewide through education, training, support groups and respite care.

More than 5.3 million Americans are currently living with Alzheimer's. Estimates indicate that another 97,000 Arizonans will be diagnosed with the disorder by 2010. The Alzheimer's Association Desert Southwest Chapter provides programs and services statewide for families facing Alzheimer's.

Caregivers seeking more information about participating in CarePRO should call:

**Alzheimer's Association**  
520-322-6601

or

**Pima Council on Aging**  
520-790-7262

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