



EPIC

Early-stage Partners in Care

Developing the Skills Needed to Address Early-Stage Memory Loss



- ◆ Have you or a loved one been diagnosed with early-stage dementia or the beginnings of memory loss?
- ◆ Do you have questions or concerns about how to handle these changes?

**If so, EPIC may be able to help you.
Through our free workshops, you will learn:**

- About early-stage memory loss and its impact
- How to manage your concerns, stress, and distress
- How to prepare for changes because of the memory loss
- How to communicate about memory loss with your loved one
- How to stay engaged and plan for the future

For more information about the EPIC Program,

**Please call: 602-496-1239
1-844-418-5538 (outside of Maricopa County)**

Please see reverse for details

EPIC: Developing the Skills Needed to Care for Someone with Early-stage Memory Loss

WHAT IS THIS PROJECT'S PURPOSE?

- To assist people with early-stage memory loss and their care partners by providing free early-stage related education and sessions designed to reduce stress, enhance well-being, and help manage challenges.
- To gather feedback from individuals about their experience to continue to improve programs for early-stage memory loss.

WHO WILL BE INVOLVED IN THIS PROJECT?

- Approximately 160 early-stage dyads residing in Arizona or Nevada, who report one partner with early-stage memory loss.
- Project staff from the Alzheimer's Association Desert Southwest Chapter or the Alzheimer's Association Northern Nevada Region, local community health workers or *Promotores*, and Arizona State University.

WHAT WILL INVOLVEMENT MEAN FOR ME?

If you decide to voluntarily participate in this program, you will be asked to:

- Meet others with memory loss and their care partners.
- **Attend six group sessions** (2 hours & 30 minutes each) to learn strategies to help you handle new situations, reduce stress, improve mood, communicate better with each other, and plan for the future.
- **Participate in one 90-minute individualized session** to address specific issues that may be unique to your situation.
- **Participate in five 2-hour confidential interviews** that involve questions about your background, mood, and quality of life.
 - You will be asked to participate in interviews at the start, and again at about 3, 6, 9 and 12 months to help us to continue to improve the program.
 - Each person will receive up to \$95 for completing all follow-up interviews, or \$20-25 for each interview completed.
 - All participants are offered the EPIC sessions shortly after their first interview or shortly after their 3-month interview.
- Some participants will also attend an additional free education workshop.

HOW WILL THIS HELP MY COMMUNITY AND ME?

- Many early-stage dyads appreciate the opportunity to learn new strategies and meet others like them. You will be encouraged to give information about this project to others who have been impacted by early-stage memory loss. The feedback gathered from speaking with early-stage dyads like you will be used to help improve the quality of early-stage education programs.

WHO WILL KNOW THE INFORMATION I GIVE DURING THESE INTERVIEWS?

- Every precaution will be taken to protect your privacy.
- No one will be identified individually in reports or materials developed from the project.

HOW DO I SIGN UP OR GET MORE INFORMATION ABOUT EPIC?

Please call 602-496-1239 (1-844-418-5538 outside Maricopa County).