

South Texas Veterans Health Care System Geriatrics and Extended Care- GEC

CAREGIVER PROGRAM

Family caregivers of people living with dementia face special challenges. The demands of caregiving can limit a caregiver's ability to take care of themselves. The **GEC Caregiver Program** invites you to participate in our network of services aimed at supporting Veterans living with dementia and their caregivers and improving their improving the quality of life. The **GEC Caregiver Program** provides education about dementia, offers support and the opportunity to network with other caregivers, assists with consults and referrals to obtain resources, and teaches dementia care skills.

DEMENTIA BASICS: For caregivers and others in their caregiving network. This one-hour class provides an introduction to what dementia is to help caregivers better understand behavioral and communication changes caused by the disease. Caregivers are introduced to local, national and VA resources. Also available in Spanish.

DEMENTIA TALKS: This psychoeducational group meets monthly for an hour. Its purpose is to deliver a standardized curriculum and special feature presentations for caregivers of veterans with dementia, and veterans who are caregivers and the people in their caregiving networks. VA employees and trainees can also attend. The program focuses on caregiver self-care, stress-relief, coping techniques, and management of dementia-related behaviors. Topics include advanced directives, safety, and wandering prevention among others.

DEMENTIA IMMERSION SIMULATION EXPERIENCE -DISE: The **2- hour** program is used to simulate difficulties experienced by the person living with dementia who can also be experiencing changes due to aging (vision loss, hearing loss, mobility impairment). It uses virtual reality, simulation, videos, and a **1-hour didactic presentation**. The program aims to increase the understanding of the dementia process as well as provide basic tips on how to communicate with the cognitively impaired person. Also available in Spanish.

DEMENTIA AT THE END-OF-LIFE SERIES: This educational series focuses on increasing knowledge about the late stages of Alzheimer's disease, conversations about life-sustaining treatments, final hours, palliative care and hospice, burial and survivor benefits, funeral planning, and the grief process.

Currently our **DEMENTIA BASICS**, and **DEMENTIA TALKS** are held virtually.



For more information, and to sign-up/RSVP
for our programs, please call: (210) 617-5300 ext 14760
or email: lyda.arevalo-flechas@va.gov

APPROVED
Joseph G. Galloway
PUBLIC AFFAIRS