

MISSION AND OVERVIEW

To educate, support and empower family members and non-professional caregivers of those living with Alzheimer's disease and other related dementias (ADRD.)

Through care coaching sessions, workshops, support groups, and information & resource guidance, the Alzheimer's & Dementia Resource Center (ADRC) provides Central Florida area caregivers with the most up to date and best-practices tools and resources needed to instill confidence in the caregiver, while continuing to maintain their own health.

PROGRAMS AND SERVICES

For 36 years, ADRC has provided the following services at no charge to caregivers of loved ones living with ADRD. Additionally, we are consistently monitoring service gaps in our community, and working towards filling those gaps.

Care Coaching: A scheduled, one on one session for families either in person or by phone with a qualified team member. The session begins with a discussion about the caregiver's concerns for their loved one, then a personalized plan or "road map" is developed to help them navigate their role as caregiver. Caregivers are encouraged to come back in as conditions change to address their concerns and receive support and updated guidance.

Support Groups: We facilitate 6 monthly support groups in Orange and Seminole counties. Two are specialty groups: The Men's Group and Daughters and Granddaughters. The others are open to anyone caring for a person with ADRD.

Educational Workshops and Series:

"Embrace the Moment Workshops" are stand-alone, 2-hour classes on specific issues pertinent to ADRD.

"Savvy Caregiver" is a 6-week series (2-hrs once a week) intended for family members caring for their loved one at home. The strategies and skill building learned in this evidence-based series have been shown to decrease the stress of caregiving and increase the well-being for both the caregiver and the person who is receiving the care.

"Beyond Savvy Caregiver" is a 4-week series (2-hrs once a week) focused solely on the caregiver which helps them with stress reduction and resiliency building through journaling, healthy eating and mediation.

"C.O.R.E.," an acronym that stands for Controlling Our Risk Everyday, is a 4-week (2-hrs once a week) prevention series. It is comprised of four 2-hour classes that provide science-based lifestyle interventions to help reduce the risk of developing Alzheimer's disease.

"Michael's Moments" is a new program that meets monthly for persons living with MCI, early onset of Alzheimer's disease or in the early stages of AD or other forms of dementia and their care partners.

Information and Referral Guidance: A qualified ADRC team member provides information and resource guidance via phone or in person. Resource topics include but are not limited to memory assessment centers, assisted living communities with dedicated memory care, elder law specialists, geriatric physicians, in-home services: medical and non-medical

State of Florida Brain Bank Research Program: The only way to get an accurate diagnosis of ADRD is through a brain autopsy. The Florida Brain Bank Research Program is dedicated to the coordination of brain tissue donations for critical scientific research seeking a cure for Alzheimer's disease and other related dementias. Through ADRC's partnership with Mount Sinai Medical Center in Miami, we coordinate donor enrollment for the Florida Brain Bank Research Study across 22 counties in Central and North Florida. The comprehensive, post-mortem, neuropathology report provided to the family and reviewed by ADRC's Brain Bank Program Manager gives them a critical piece of medical history.