

Down Syndrome & Alzheimer's Disease Caregiver Support Group

2019 Group Meetings

- January 16
- February 20
- March 20
- April 17
- May 15
- June 19
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Support Group Guidelines

1. We will remember that every person with dementia symptoms is different, that every family's relationship is different and that we are all doing the best we can with our unique situations.
2. Feelings are neither right nor wrong; they just are.
3. We will avoid putdowns or criticism of others; instead we will look for the good and encourage it.
4. Mindful of our limited time together make every effort not to interrupt when someone is speaking. At times, your facilitator may interrupt so that everyone has the opportunity to share.
5. We can compare our experiences but not judge, we are here to support one another.

Confidentiality Guidelines

Everyone in this group is free to share as much or as little as they would like. Please remember that anything shared in the group is confidential, with the exception of a dangerous or abusive situation, when the facilitators will inform the appropriate individuals/organizations in order to ensure safety.

Facilitator Contact Information

Hannah Wishnek
hkwishnek@alz.org
(206) 529-3888

Family Caregiver Support Group

Caring for someone with Down Syndrome who exhibits symptoms of memory loss?

The Alzheimer's Association invites you to participate in a new support group offering.

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and hopes
- Develop and maintain self-care skills
- Learn about resources available in the community
- Discuss your questions and concerns

3rd Wednesday of Each Month

11:30 pm - 1:00 pm



**Alzheimer's Association
Washington State Chapter**
19031 33rd Ave W, Suite 301
Lynnwood, WA 98036

Contact group facilitator:
Hannah Wishnek
206-529-3888

All of our support groups are facilitated by Chapter trained individuals.

alzheimer's  association

Alzheimer's Association Washington State Chapter
Serving Washington & Northern Idaho
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