



## List of Services of the Alzheimer's Support Network

### Care Guiding (Individual Assistance)

The heart of what we do is working individually with families. Our Family Consultants (or Care Guides) meet with families every day in person, by phone, zoom, or email to discuss problems, find solutions, and offer support and understanding. We like to have a 90-minute meeting with new families to get to know you and your particular situation and for you to get to know us. Afterward, we meet with some families on a regular basis, even weekly. For others, we become a resource they know they can turn to whenever they need help, advice, and support. While our in-person meetings occur only in Collier County, we meet with families across the US and even around the world on Zoom.

### Support Groups

We have over 30 Support Groups each month. Some are disease-specific, such as our Lewy Body, FTD, or Vascular Support Groups. Some are designed for special audiences, such as our Adult Children or 12 Step Groups. Our General Support Groups are designed for anyone who wishes to come. You can check the listing of our groups on our calendar and review the descriptions for more detail.

### Club Room & Life Enrichment Programs

During our General Support Groups, we also host our Club Room for people with Alzheimer's and other forms of Brain Change. Our Ladies & Gentlemen's Clubs are designed not only to provide fun and engaging activities but also to give care partners a break from care. In addition, we have specially designed programs aimed at creating enhanced well-being, such as our Meet Me in the Garden program with the Naples Botanical Garden.

### Wanderers ID Program & Wayfinder

In partnership with the Collier County Sheriff's Office, for the past 28 years, we have offered a Wanderer's ID Program. Through this program, we collect vital information and provide a special medical alert bracelet. When a person on the ID program goes missing, the Sheriff's deputies have all the information they need to start the search, including a recent picture of the person, the family's contact information, and other important details.

Our Wayfinder program provides families with small tracking devices that can be attached to shoes or clothing. We train families how to use these devices so they can use their phones to know exactly where their loved one is located. The Wayfinder program also provides education on why people with Alzheimer's get lost, what can be done to enhance safety, and the best practices for providing a secure environment.

### About Me Videos

Unfortunately, Alzheimer's is a progressive disease. Emily might be having trouble coming up with the right word today. In three years, she might have lost the ability to express herself with words completely. John can tell his favorite story about riding a bull today, but the details might escape him next year. This is why we created the About Me Video Project. We capture the person telling their stories, discussing their favorite things, and just being themselves. This way, later on, when John or Emily needs a greater level of care, the home care worker or the staff at a memory care community can watch an interesting, well-crafted video of John telling his stories and Emily talking about how she makes her favorite cup of tea.

### Virtual Dementia Tour

The Alzheimer's Support Network has two certified trainers for the Virtual Dementia Tour (VDT) and several trained facilitators. This in-person sensory experience takes you into the world of a person with Alzheimer's disease, allowing you to understand how that person processes sensory information. The VDT is one of the most effective training tools available and is profoundly successful in enhancing empathy and understanding why people with Alzheimer's do the things they do.



### **Educational Events**

On a regular basis, we invite both local and national experts to speak on a wide range of topics. From nationally known Alzheimer's experts to local professionals, each year we aim to present an assortment of interesting educational talks. In addition, we host community events and forums to bring together key influencers.

### **Monthly Lecture Series**

World-renowned dementia expert Teepa Snow gives monthly lectures on topics such as shadowing and bathing. Dr. William Justiz is a local neurologist who specializes in Alzheimer's disease and other forms of neurodegeneration. Dr. Justiz's monthly lectures cover topics such as the biochemistry of Alzheimer's and understanding Primary Progressive Aphasia. Dr. Bill Beckwith is a retired neuropsychologist who has written several books about how to manage your memory. Dr. Beckwith's monthly talks help people understand different memory screenings and develop practical solutions to memory issues.

### **Music Connection**

Have you ever seen someone with Alzheimer's have trouble speaking? But when you play one of their favorite songs, they know all the words! How can that be? Simply put: music is magical. Through our Music Connection Program, we are not only connecting memories of the past through favorite songs, but we are also connecting music with mood, and using music as a tool for enhancing well-being. Families are provided a portable music player loaded with favorite songs organized into a playlist. One playlist might be songs that help inspire the person to get moving (to overcome apathy). Another playlist might help soothe and relax in those anxious moments. Through our Music Connection Program, families not only receive the mp3 player loaded with the person's favorite songs and headphones/speakers, they also learn how to use music as an instrument of care.

### **Kindred Spirits (Early Stage Program)**

Kindred Spirits is a discussion group for people in the early stages of cognitive impairment. The Kindred Spirits group is designed for people who (a) are diagnosed with Mild Cognitive Impairment (MCI), the early-stages of Alzheimer's, or do not have a formal diagnosis but are concerned about their memory and cognitive functioning, (b) are aware of their diagnosis/impairment, and (c) want to discuss their concerns and challenges openly in a group format. Because diseases like Alzheimer's are progressive, involvement in Kindred Spirits is usually for a short time (about 6 months to a year). The Kindred Spirits group also has a separate group for care partners (spouses, family, and friends).

### **Naples Unites**

We created Naples Unites as a way to involve businesses in Naples, Florida, who otherwise would have little connection to the Alzheimer's Support Network. When a local business becomes a Naples Unites Site, they are committing to welcoming people with Alzheimer's into their place of business. Through our Naples Unites program, we are establishing a network of locations where people with Alzheimer's and their families can go and know they will be treated with Kindness, Understanding, Respect, and Dignity.

### **Naples Unites Partner Sites (Passion & Purpose Program)**

Some Naples Unites locations have gone a step further and not only welcome people with Alzheimer's into their place of business, but they also invite them to become volunteers. The goal of this program is to have the person with brain change be able to follow their passion and create meaningful opportunities in the community. If Betty always loved the theater, then she can volunteer for The Naples Players to do something meaningful for her and valuable for The Naples Players. The purpose provided is both for the business and the person living with brain change. As of Oct 2023, we are proud to have 10 Naples Unites Partner Sites, including: The Naples Players, Wonder Gardens, Naples Botanical Garden, Habitat for Humanity ReStores, Collier County Museums, PGA Tour Superstore, Delnor-Wiggins Pass State Park/Beach, Harry Chapin Food Bank, St John's Thrift Shoppe, Shy Wolf Sanctuary, Home Step Real Estate. If your person is passionate about some activity not represented by our current partner sites, let us know. We're dedicated to growing Naples Unites so everyone can pursue their passion and find their purpose.

*These are just some of the Services of the Alzheimer's Support Network.  
There is never any charge for our services.*