

The Pioneer Valley Memory Care Initiative (PVMCI) - Dementia Caregiver Education and Support Program

Mission: The mission of PVMCI is to provide dementia caregivers the tools that they need for success in their caregiving role, to help caregivers plan for the future and help forge connections to community resources.

What to expect:

- A care partner and/or the person living with memory loss will be paired with a Memory Care Specialist (MCS) who will become your point of contact in our program.
- Your MCS will meet with either just the care partner or the care partner and the person living with dementia to review topics with you that are important for caregivers to understand and master. We will discuss options with you on who to include at your meetings.
- Once you have completed the list of topics, you can decide if you would like to graduate from the program or enter a maintenance phase.
- In the maintenance phase, you will have time set aside to touch base with your MCS every three months to review any concerns or changes.
- All participants are invited to our monthly Dementia Caregiver's Support Group which takes place on Zoom on the second Tuesday of each month at 1pm. The support group is lead by a member of our team and is a great opportunity to check in about current issues and to hear from other caregivers to share your experiences and tips.
- If you choose to graduate from our program and find that your situation has changed and you would like to re-enroll, you are welcome to become an active member again to help with care and planning.

Topics that we cover:

Review of Immediate Needs & Intake, Planning for Future Needs, Legal & financial planning, Safety, Well-being Suggestions (for both the care giver and the care recipient), Disease & Caregiving Education (including topics like bathing and dressing, etc.), Communication & Relationships, and Building your care team

How to prepare for your first visit with the MCS:

- Complete the forms in the Welcome Packet.
- Gather a copy of your Health Care Proxy and Power of Attorney forms if you have them.
- Invite key members of your care team if possible and as appropriate.
- Expect a phone call from a MCS to schedule your first visit.

Thank you and we look forward to working together with you!

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To meet our federal requirements, we have been requested to advise you that "there is no fee for the service; however, a voluntary confidential donation is requested. You will not be refused service for lack of a donation. Your donation helps support the continuation of needed services for elders."