



## Utah County Caregiver Support Groups

| Provo   |   |  |   |
|---|---|--|---|
| <b>Provo/Orem Caregiver's Night Out</b>               | Orem Rehab & Nursing<br>575 E 1400 S, Orem  | 1st Tuesday of each month<br>6:30 p.m.<br>*Light Dinner provided                 | Gerri Lehnardt 801-229-3814<br>Joanne Heister 801-491-0445    |
| <b>Family Caregiver Support Group</b>                 | Courtyard at Jamestown<br>3352 N 100 E, Provo   | 3rd Tuesday of each month<br>6:30 p.m.<br>*Refreshments provided                 | Nicole Egan<br>Courtyard 801-377-3730                         |
| <b>Parkinson's Disease Support Group</b>              | Utah Valley Specialty Hospital<br>306 West River Bend Ln, Provo                       | 3rd Thursday of each month<br>6:00 p.m.<br>*Refreshments provided                | Liz or Randy<br>801-225-9099                                  |
| <b>Alzheimer's/Dementia Caregiver Support Group</b>   | Courtyard at Jamestown<br>3352 N 100 E, Provo   | 3rd Thursday of each month<br>1:00 p.m.<br>*Refreshments provided                | Courtyard 801-377-3730<br>Judy Seegmiller 801-787-9257        |
| Orem  |   |  |   |
| <b>Alzheimer's Support Group at Treo</b>              | Treo Senior Living<br>250 E Center Street, Orem                                       | 3rd Tuesday of each month<br>3:15 p.m.<br>*Refreshments provided                 | Shaw Phillips 801-372-4894                                    |
| South County  |   |  |   |
| <b>Springville Caregiver Lunch Bunch</b>              | Ashford Assisted Living<br>333 South 950 West, Springville                            | 3rd Wednesday of each month<br>1:00 p.m.<br>*Lunch provided                      | Stacy Salazar 801-735-9728<br>Rosalind Hilkey 801-699-6967    |
| <b>Spanish Fork Caregiver Group</b>                   | Legacy House<br>1449 East 150 South<br>Spanish Fork                                   | 2nd Tuesday of each month<br>2:00 p.m.   | Kelli Coppieters 801-369-3648<br>Rosalind Hilkey 801-699-6967 |
| North County  |   |  |   |
| <b>Alpine Caregiver Group</b>                         | River Meadows Senior Living<br>137 Red Pine Dr, Alpine                                | 2nd Thursday of each month<br>11:30 a.m.<br>*Lunch provided                      | Markae Funk<br>801-372-0893                                   |
| <b>Highland Caregiver Group</b>                       | Highland Glen Assisted Living<br>10322 N 4800 W, Highland                             | 3rd Tuesday of each month<br>2:00-3:00 p.m.                                      | Holly Dixon<br>949-606-4661                                   |
| <b>Alzheimer's Caregiver Support Group</b>            | Covington Senior Living<br>301 N 1200 E, Lehi   | 2nd Thursday of each month<br>6:30 p.m.<br>*Refreshments provided                | Covington<br>385-484-8899                                     |
| <b>Alzheimer's Caregiver Support Group</b>            | Bel Aire Senior Living<br>1088 East 390 South, Am Fk                                  | 2nd Tuesday of each month<br>4:00 p.m.   | Aspen Forster<br>801-763-0622<br>belairecare@gmail.com        |
| <b>Charleston Caregiver Support Group</b>             | The Charleston at Cedar Hills<br>10020 N 4600 W, Cedar Hills                          | 1st Wednesday of each month<br>Noon<br>*Light lunch provided                     | The Charleston<br>801-855-6746                                |
| <b>Spring Gardens Caregiver Support Group</b>         | Spring Gardens Senior Living<br>815 W 700 N, Lindon                                   | 2nd Wednesday of each month<br>11:30 a.m.<br>*Lunch provided                     | Gerri Lehnardt 801-229-3814<br>Rosalind Hilkey 801-699-6967   |
| Utah County   |   |  |   |
| <b>Early-Stage Support Group</b>                      | (for people in the early stage of Alzheimer's, dementia or mild cognitive impairment) | call for meeting locations, dates and times                                      | Alzheimer's Association<br>1-800-272-3900                     |
| Online  |   |  |   |
| <b>Alzheimer's Association (additional resources)</b> | <a href="http://www.alzconnected.org">www.alzconnected.org</a>                        |  | Alzheimer's Association<br>1-800-272-3900                     |
| <b>Caregiver Forum</b>                                | Online  | <a href="http://agingcare.com/Caregiver-Forum">agingcare.com/Caregiver-Forum</a> |   |

*\*All Support Groups offer family caregivers help with resources, skills, education, and support to care for those who suffer from memory loss, and other physical disabilities.*

# Caregiver Education

## Dealing with Dementia Class

This four-hour course provides caregivers with effective strategies for dealing with dementia behaviors. Using Dealing with Dementia: A Caregiver's Guide, the training teaches caregivers how to find answers and resources. This resource helps caregivers with new skills and tools, as well as introduces them to a caregiver group.

Caregivers who attend the workshop will receive a copy of Dealing with Dementia: A Caregiver's Guide. The guide provides more than 300 pages of information and solutions to problems caregivers face every day.

If you are a caregiver or know someone caring for a loved one with dementia, this training is for you. This class is free and held frequently. Seating is limited and participants must RSVP.

**For current class schedule, visit [www.mountainland.org/dementia](http://www.mountainland.org/dementia) or call 801-229-3804.**

## Bereavement Support Groups

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| <b>Rocky Mountain Hopsice Support Group</b> | Alpha Home Health & Hospice<br>257 Orem Blvd, Orem | 3rd Thursday of each month<br>2 p.m.            | Bill Cox 801-615-3426<br>Open to the public,<br>no registration needed |
| <b>Orem Senior Center Support Group</b>     | Orem Senior Friendship Center<br>93 N 400 E, Orem  | 1st Friday of each month<br>1 p.m.              | Bill Cox 801-615-3426<br>Open to the public,<br>no registration needed |
| <b>Treco Support Group</b>                  | Treco<br>250 E Center St, Orem                     | Every Wednesday<br>11 a.m.                      | Open to the public<br>no registration required                         |
| <b>Intermountain Grief Group</b>            | Utah Valley Hospital<br>Provo                      | Thursdays<br>6-7:30 p.m.                        | Chelsea 801-357-3134<br>RSVP required. Call to be placed<br>into group |
| <b>Surviving Spouse Bereavement Group</b>   | IHC Home Health<br>524 W 300 N, Suite 101, Provo   | Every Wednesday<br>(except holidays)<br>11 a.m. | Call 801-225-0584 for more info  |