

A family's journey through caring for a loved one with dementia can be heartbreaking as the person you love changes. At different points, you may benefit from the services provided by Finger Lakes Alzheimer's Caregiver Institute. These include:

- Care coordination
- Healthcare coordination
- Family consultation
- Education and training
- Peace of Mind planning
- Respite
- Support groups
- Health, wellness and social activities

If you want to know more about any of our services for caregivers, please call us at

**585-244-8400**  
or toll-free at 844-249-7126.



*Whatever you need,  
we can help.*

Finger Lakes Alzheimer's Caregiver Institute supports families caring for loved ones with Alzheimer's disease, dementia or memory impairment.

**585-244-8400**  
or toll-free at 844-249-7126

Serving the Finger Lakes region, including Chemung, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne and Yates counties.



For more than 40 years, Lifespan has been helping older adults and their caregivers approach aging with greater information, supportive services and the guidance to make the most of the years ahead. Learn more about Lifespan's many services at [www.LifespanRochester.org](http://www.LifespanRochester.org).

**alzheimer's association®**

The Alzheimer's Association, Rochester & Finger Lakes Region, has been providing programs, services and advocacy since 1981 for individuals with Alzheimer's disease and other dementias, and their families. [www.alz.org/rochesterny](http://www.alz.org/rochesterny)

*Supported by a grant from the  
New York State Department of Health.*

**Are you caring  
for someone with  
Alzheimer's disease,  
dementia or memory  
impairment?**

*We can help.*



Turn to  
**FINGER LAKES ALZHEIMER'S  
Caregiver Institute**

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Through the journey of caring for someone with Alzheimer's disease, dementia or memory impairment, it helps to have a guide — someone who knows the territory — that's what we provide through our **care coordination service**.

And sometimes, you just need a break from hour-by-hour caregiving to take care of YOU! You need respite. We're expanding the availability of **respite** designed around your schedule and your loved one's needs.



When a family member has Alzheimer's disease or another type of dementia, it's vital to plan for the journey. Our **Peace of Mind Planning** service will help you cover the bases — from important legal documents to planning for how to pay for long-term care.

**Healthcare coordination** is a new option. Lifespan's LPN nurses can accompany patients to appointments, act as advocate, take notes at appointments and conduct medication reviews at home. This service eases some of the burden on you as a caregiver and helps to ensure that medical issues are promptly addressed.

We are also available for **family consultation, education, support groups and social activities** for you and your loved one.



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*The Finger Lakes  
Alzheimer's Caregiver Institute  
is a partnership of Lifespan and the  
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Rochester & Finger Lakes Region.  
Services provided in collaboration.*

*This program is supported by a grant from  
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