


# Alzheimer’s Association & Parkinson’s Foundation Carolinas Hosts Series For Caregivers

## Alzheimer’s Association

CHARLOTTE, N.C. – The Alzheimer’s Association - Western Carolina Chapter and the Alzheimer’s Association - Eastern North Carolina Chapter, in partnership with Parkinson’s Foundation Carolinas, are offering a free virtual weekly education series called The Empowered Caregiver to help care partners of persons living with dementia navigate the responsibilities and receive activities to apply person-centered care approaches specific to their situation.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease and the most common cause of dementia. Parkinson’s disease dementia also falls under that umbrella term. While the disease states are different, there are similarities in caring for both forms of dementia.

“Our latest Alzheimer’s Disease Facts and Figures report shows that dementia caregivers in North Carolina face significant emotional, physical and health-related challenges as a result of caregiving,” said Katherine L. Lambert, CEO of the Alzheimer’s Association - Western Carolina Chapter. “Dementia is also common for individuals in later stage Parkinson’s. Our goal with this collaboration with the Parkinson’s Foundation is to offer tools and education to help caregivers feel supported and see pathways forward.”

The Empowered Caregiver education series will be offered via live webinar each Thursday in August from 6-7 p.m. with each week covering a new topic.

**Building Foundations of Caregiving - August 1 -** Explores the role of caregiver and changes they may experience building a support team and managing stress.

**Supporting Independence - August 8** - Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

**Communicating Effective - August 15** - Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

**Responding to Dementia-Related Behaviors - August 22** - Details common behavior changes and how they’re a form of communication, non-medical approaches to behaviors and recognizing when help is needed.

**Exploring Care and Support Services - August 29** - Examines how best to prepare for future care decisions and changes, including respite care, residential care and end of life care.

There is no charge to participate, but registration is required in order to receive the Zoom link for the series. To sign-up, visit tinyurl.com/CaregiverAugust or call 800-272-3900.

“We are excited about this partnership with the Alzheimer’s Association because no matter the disease, care partners need help,” says Diana Parrish, senior advancement director, Carolinas Chapter of the Parkinson’s Foundation. "As a care partner for 19 years, we have found that the Parkinson’s Foundation’s resources, services, and programs have helped us on this journey!"

**Additional Facts and Figures:** (alz.org/facts)

- Alzheimer’s disease is the sixth-leading cause of death in the United States.
- An estimated 6.9 million Americans aged 65 and older are living with Alzheimer’s dementia, including more than 210,000 in North Carolina.
- More than 11 million family and friends, including 373,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.
- In 2023, friends and family of those with Alzheimer’s in North Carolina provided an estimated 723 million hours of unpaid care, a contribution valued at $10.9 billion.

***About the Parkinson’s Foundation, Carolinas Chapter:*** The vision of the Parkinson’s Foundation is for all people to have access to equitable and quality Parkinson’s disease (PD) care. When people with Parkinson’s receive quality Parkinson’s care, they can better manage their PD symptoms —and maximize quality of life. We provide best-practice care training, the latest information and access to educational tools for doctors, nurses and every member of the health care team. For more information, visit Parkinson.org/Carolinas.

***About the Alzheimer’s Association:*** The Alzheimer’s Association® is a worldwide voluntary health organization dedicated to Alzheimer’s care, support and research. Our mission is to lead the way to end Alzheimer’s and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer’s and all other dementia®. Visit alz.org.

***About the Alzheimer’s Association - Western Carolina Chapter:*** The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in 49 central and western North Carolina counties. It offers opportunities to get involved and to make a difference, in addition to a variety of services including: a 24/7 Helpline, support groups, educational programs and care consultations. For more information about Alzheimer's disease or the Alzheimer's Association - Western Carolina Chapter, visit alz.org/northcarolina or call (800) 272-3900. For the latest news and updates, follow us on Facebook,  X (formerly Twitter) and Instagram.