

# REACH PROGRAM

REACH is an evidence based program designed to support caregivers of persons with Alzheimer's and other types of dementia.

## CAREGIVER SUPPORT

REACH is free to caregivers aged 60 and older and/or caregivers of any age that are caring for a person aged 60 and older. Caregiver or care recipient must live in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, or Wexford county.

## TELL ME MORE

The program includes an initial assessment and four individual sessions with a certified REACH Program Coach.

Each session is an hour. Sessions can be done in-person (home or Area Agency on Aging of Northwest Michigan office), over the phone or virtually using a computer or tablet.

## HOW DOES IT WORK

Session 1 establishes rapport; stress is discussed and a stress management technique is taught and practiced.

Session 2 offers education on dementia and strategies to address safety concerns are offered. Learning and practicing problem solving is the main focus of this session.

Session 3 focuses on positive thinking/mood management.

Session 4 provides an opportunity for Coach and Caregiver to work on additional concerns and to review the program and strategies to use in the future.



## GET STARTED

To refer yourself or a caregiver you know to the program send us a referral.



SCAN ME

<https://www.aaanm.org/reach-referral>



Area Agency on Aging  
of Northwest Michigan

Dignity. Independence. Choice.

LEARN MORE  
CONTACT US TODAY!

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