



North Carolina REACH

A Personalized Program for Alzheimer's Family Caregivers

Are you caring for a person with Alzheimer's or a related disease? If so, you probably already know...

- Taking care of someone with a memory disorder can be rewarding - but it also can be overwhelming, exhausting, and stressful
- As a caregiver of a person with dementia, you may be at risk for poor health and depression

What is NC REACH?

NC REACH (*North Carolina Resources for Enhancing Alzheimer's Caregiver Health*) is a personalized program for caregivers of persons living at home with dementia or Alzheimer's disease. This program:

- Is adapted in the privacy of your own home to your specific situation
- Has been tested nationally and is shown to produce many important benefits
- Provides you with skills to help make your role as a caregiver easier and more effective
- Provides you with tools and strategies that will help to protect your own health, stress and well-being
- The program consists of home visits over six months by a Family Consultant with expertise in dementia and Alzheimer's.

During each of 6 face-to-face visits, REACH Interventionists guide caregivers through educational materials and exercises according to the REACH model on the following areas:

- 1) **Memory Loss** to assist in the understanding of the difference between dementia and Alzheimer's disease.
- 2) **Legal and Financial Planning** to guiding the caregiver through legal planning with people with Alzheimer's disease.
- 3) **Safety** providing guidance for home safety, driving, smoking and resources for wandering.
- 4) **Health** focusing on the caregiver's health and healthy lifestyles.
- 5) **Well-being** to introduce the caregiver to relaxation techniques, pleasant events and therapeutic exercises.
- 6) **Caregiving Challenges** to assist caregivers understand dementia behaviors and provide a process for problem-solving.
- 7) **Notes Section** to document emergency contacts, insurance information and notes from the intervention.
- 8) **Additional Resources** to guide caregivers through grieving, hospital visits for individuals with memory loss and additional resources.

Status of NC REACH

This was funded through a demonstration grant US Administration for Community Living, Administration on Aging from 2010 – 2013 in partnership with Project C.A.R.E. This demonstration statistically proved to reduce caregivers' stress, burnout and depression. In addition, NC REACH effectively improved the caregivers' overall health, understanding of dementia and ability to successfully manage their role as a caregiver. NC REACH is available on an extremely limited basis through the Family Consultants employed through Project C.A.R.E. and Mecklenburg Department of Social Services in Charlotte. For more information, contact Mark Hensley, State Alzheimer's Specialist at mark.hensley@dhhs.nc.gov