

Caregiver Support Group

To enhance the lives of caregivers of individuals including those with Alzheimer's disease and other dementias.

Aging Together in Rappahannock County is starting a support group for caregivers in this county.

Larry Stillwell, himself a family and volunteer caregiver, has been trained by the Alzheimer's Association to lead a support group for caregivers.

The first meeting will be held in early June.
If you are interested in joining a caregiver support group,
please contact Larry at 540-675-2531 or
lstillwell@agingtogether.org

On-site respite will be provided at the meetings.

The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help members develop skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well provide the best care possible.



www.agingtogether.org

alzheimer's  association®

Central and Western Virginia Chapter

Phone 434-973-6122

24-Hour Helpline 1-800-272-3900

www.alz.org/cwva