Group Education and Support for Patients Newly Diagnosed with Dementia, Alzheimer’s, and related Disorders

1.5 hour sessions, once weekly for 5 weeks
Led by a licensed psychologist who specializes in aging and memory loss
Provides education and support for families to understand the diagnoses, and adjust to life changes
Patients must be able to communicate and participate in their own therapy

Topics Discussed

- Interventions for stress and anxiety, grief and loss, and depression
- Intimacy and communication
- Resources for help with memory loss and caregiving
- Preparing for the future: Advanced directives
  Discuss patient needs and desires
- Maintaining quality of life and adapting to new challenges and limitations

Covered by Medicare and other insurances

For more information please contact:
Christie Fanous at (310) 825-8761 or cfanous@mednet.ucla.edu