

ALZHEIMER

*&*  
PARKINSON  
ASSOCIATION  
OF INDIAN RIVER COUNTY

*A Guide to  
Programs  
& Services*



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# Welcome

## TO THE ALZHEIMER & PARKINSON ASSOCIATION OF INDIAN RIVER COUNTY

As we approach our 40th anniversary of providing programs and services to the families of Indian River County, we are realizing what a remarkable milestone we are about to reach!

Over the years we have touched the lives of thousands of individuals who are grappling with Alzheimer's and/or Parkinson's and related neurodegenerative disorders. We have helped caregivers find moments of peace and tranquility in their daily routines, and we have served individuals with movement disorders by underscoring the importance of overall wellness and quality of life.

Our organization has grown from a small community support group in 1982 to the multi-service professional organization we have become today. Each month, **free of charge**, we provide more than 50 hours of movement classes, more than 250 hours of social respite, and hundreds of hours of education and community outreach. But recent statistics tell us that there are more than 6,500 people in Indian River County touched by some form of dementia, as well as more than 1,000 people struggling with movement disorders. Clearly, we have just begun our journey.

This information guide will help you navigate our list of programs and services, and give you details connected to each. If you have comments or suggestions as to how we can improve our service to you and your family, please let us know.

Thank you for your enthusiastic support of the Alzheimer & Parkinson Association of Indian River County!



# Social Respite

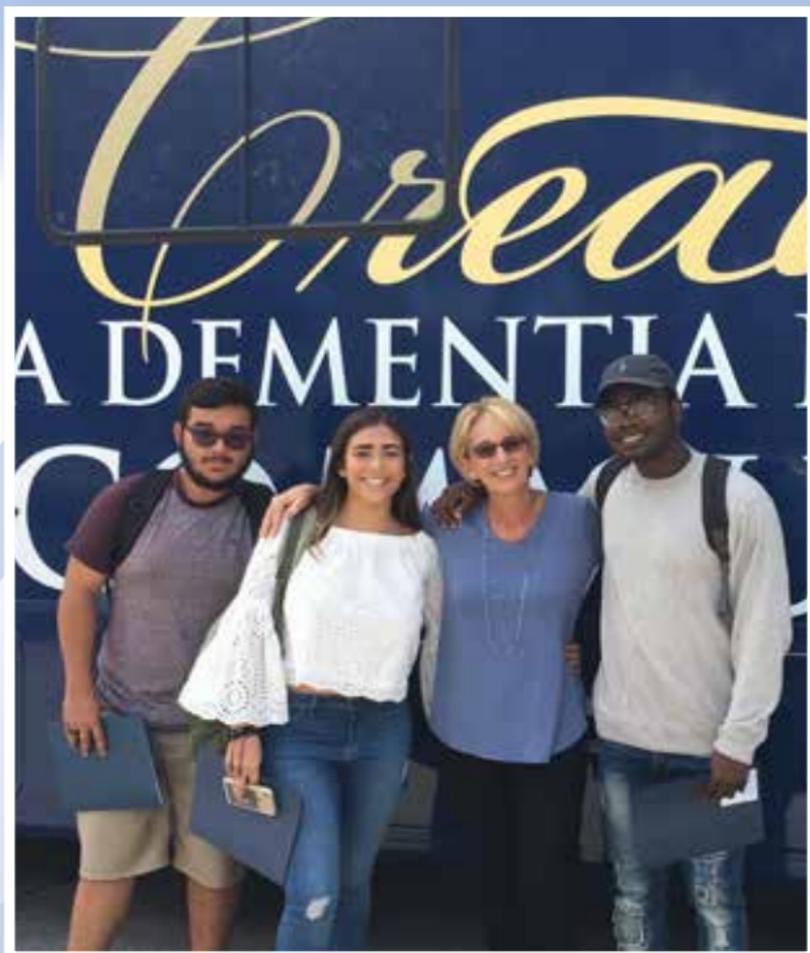
For caregivers needing a break, we have the perfect program: our popular social respite initiative that has grown and thrived over the years, making it a bright spot and much-needed outlet for families who have a loved one with dementia.

While caregivers have up to six hours of daily free time, we engage their loved ones with a variety of activities that are uplifting and meaningful: live music with sing-a-longs, art classes, group “sports” like golf and ring toss, bingo, reminiscence sessions, light chair exercises, holiday and birthday celebrations, and overall, one-on-one participant engagement that emphasizes social interaction and validation.

Our social respite program is now offered Monday-Friday from 9 AM – 3 PM, and two Saturdays at month, at our main facility in Vero Beach. In addition, we offer this program at the Gifford Community Center, Sebastian Yacht Club, Indian River Shores Community Center, and South Vero locations.

Caregivers and people with memory disorders can also stay connected to us via interactive technology. We offer several online videos easily accessed through our website – [www.alzpark.org](http://www.alzpark.org) or directly through YouTube.





# Dementia Friendly Community

A dementia friendly community is a place where people living with dementia are supported to live a high quality life with meaning, purpose, and value. The goal of the Dementia Friendly Community Initiative is to create a community of awareness that allows individuals with dementia to interact with their community as much as possible for as long as possible.

To achieve this goal, we are working with families, as well as businesses such as banks, hospitals, restaurants, skilled nursing facilities, schools, churches and police and fire departments for comprehensive staff training that involves participation in a dementia experience, a scientifically proven method of training designed to build sensitivity and awareness for those caregiving for and/or engaging with someone with dementia. In other words, we are taking this program to their doorsteps. Through an Impact 100 grant, we were able to purchase an RV that serves as our “rolling classroom” that enables us to reach out more efficiently with this educational program.





# Memory Screening

A memory screening is a simple and safe evaluation tool that helps indicate whether an additional check up by a qualified healthcare professional is needed. Here at the Alzheimer & Parkinson Association, we have professional staff and trained volunteers to administer memory screenings.

## ***How does it work?***

- The face-to-face screening takes place in a private setting; only the individual being tested and the screener are present.
- This screening also can take place online.
- A screening takes about 30 minutes and consists of a series of questions and/or tasks designed to test memory, language skills, and other intellectual functions.
- The person who administers the screening will review the results and suggest whether the person should follow up with a physician.
- Results of memory screenings are confidential.

## ***Who should be screened?***

- Memory screenings make sense for anyone experiencing warning signs of dementia; anyone whose family and friends have noticed changes in them; or anyone who believes they are at risk due to a family history of Alzheimer's disease or a related illness.
- Screenings also are appropriate for anyone who does not have a concern right now, but wants to get a baseline screening for future comparisons.

*Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.*



# Project Lifesaver

Project Lifesaver is designed to quickly locate individuals with cognitive disorders who are prone to wandering. With the dramatic increase in the number of individuals who may be at risk of wandering – because of conditions like Alzheimer’s or Autism -- this program strategically combines state of the art locating technologies, innovative search and rescue methods, and community partnerships that provide education to first responders.

The Alzheimer & Parkinson Association is expanding its Project Lifesaver program by helping more families with autistic children. A recent national study confirmed that wandering by children with autism is common, dangerous and puts tremendous stress on families. Researchers found that nearly half of children with autism spectrum disorder (ASD) attempt to wander or bolt from a safe, supervised place. Having a program like Project Lifesaver in their community can be helpful when families are considering options that will give them peace of mind.

With support from the Treasure Coast Pilot Club and Indian River County Sheriff’s Office, the Alzheimer & Parkinson Association of IRC is able to purchase tracking devices and batteries. Individuals wear a bracelet that contains a radio transmitter which allows law enforcement to locate an audible signal that is a frequency unique to the individual bracelet. When a person wearing this bracelet is reported missing, law enforcement can track and locate them, usually within 30 minutes.



# Support Groups & Family Guidance

Support groups provide an important and vital connection for caregivers who are seeking timely information, new ideas, and overall emotional support that will help them cope with their daily challenges. We provide a safe, confidential and supportive environment for family and friends who are trying to balance their many responsibilities as they care for loved ones who have memory and/or movement disorders.

Several support groups are offered monthly and are specifically focused, such as a Men's Caregiver group, Alzheimer's Disease caregiver support group; and movement disorder support groups. All support groups range in size from three to twenty.

In addition, we offer family planning and guidance – in person and by phone -- to those in need of direction after a loved one has been diagnosed with a memory and/or movement disorder.

Families can also stay connected to us via interactive technology. We offer several Zoom support groups each month which are listed on our website at [www.alzpark.org](http://www.alzpark.org). Please call us at 772-563-0505 for detailed information.



# Movement Programs

More than 50 hours of classes are offered each month at various locations in balance, gait, breathing and overall movement. We collaborate with several organizations to make these programs happen including the VNA, The Brenntity, Advanced Motion Therapeutic, and the Vero Beach Museum of Art.

- **Qigong** classes offer energizing exercise and serenity of spirit.
- **Tremble Clefs** offers voice, diaphragm and facial muscle strengthening for Parkinson's clients in a rambunctious sing-a-long class.
- **Movin' & Groovin'** addresses balance and gait through a variety of uplifting and energizing exercises.
- **Yoga and Balance** classes are specifically designed for individuals with movement disorders, and for caregivers as well.
- **Land & Sea**, held at the Brenntity, combines "land" exercises on ground and "sea" exercises in a large indoor heated saltwater therapy pool.
- **Movement at the Museum** is a program held at the Vero Beach Museum of Art, which is designed to increase flexibility as well as awareness of the mind-body connection.



# Education

Educational seminars and workshops are led by specialists in the fields of memory and movement disorders. Our **Day of Hope Caregiver Conference and Parkinson's Awareness Conference**, both learning opportunities for professional and family caregivers, as well as to people with Parkinson's and related diseases, are held each year to bring new insights to our community. New classes recently added include:

**Caregiving 101** classes explore the comprehensive caregiver role. These sessions help families navigate the uncertain and ever-changing path that must be navigated in order to access the best resources.

**Total Memory Workout** uses a wellness approach where participants learn that memory is not merely an intellectual skill, but rather an integral part of ourselves, affected by many aspects of our daily lives.

**Warning Signs of Dementia** workshop is designed to help identify those who might be at risk for Alzheimer's or a related disease.

**Stressbusters** classes take a holistic approach to addressing the emotional, physical, spiritual, and cognitive needs of family caregivers.

**Compassionate Touch** workshop, offered in conjunction with AGE-u-cate Training Institute, spotlights an approach that combines skilled touch and specialized communication to assist with behavioral expression in people with dementia.

In addition, we have a **Lending Library** that houses books, DVDs, pamphlets and brochures. An organizational newsletter is distributed to community partners including the library, assisted living facilities and doctor's offices. Staff speakers are available to civic groups, schools and businesses.



# Our Volunteers

Volunteers are the lifeblood of our organization. We could not serve our community in such an extraordinary way without the help and assistance of our community volunteers.

Recently, they have averaged more than 3,000 hours of service to help the Alzheimer & Parkinson Association achieve its goals. We can't thank them enough!

We encourage community participation in our volunteer program. Call us at 772-563-0505 for more information.





# Walk to Remember

The annual Walk To Remember raises funds for all of our vital programs that serve the residents of Indian River County. 100% of the funds raised stay local!

The Walk To Remember has grown from a few hundred participants to almost 1,000 Indian River County community members, all of whom walk with a purpose!

Families facing Alzheimer's, Parkinson's and related memory and movement disorders need us now more than ever. The funds raised for the Walk To Remember enable us to be there for them.

Register a team – become part of a wonderful community movement – by calling us at 772-563-0505 or by accessing the Walk To Remember website at [www.walktoremembervero.org](http://www.walktoremembervero.org)



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