

Free Virtual Support Services for Caregivers of Memory Impaired

The Alzheimer's Family Support Center Is Available Seven Days A Week

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The Alzheimer's Family Support Center (AFSC) isn't allowing the COVID-19 pandemic to deter them from their mission to provide free support, information, education and social connection to Cape Cod's many families living with Alzheimer's and other dementia-related diseases. This locally based grassroots non-profit has been providing these services in every town on Cape Cod for the past five years. Now, they have expanded to virtual services seven days a week.

Molly Perdue, Founder & Executive Director of the AFSC, says, "Caregiving for a loved one with cognitive issues can be challenging even in normal circumstances. Social isolation is really difficult for people with dementia because they rely on others for stimulation. We are proactively phone calling our families on a regular basis to make sure they have the information and support they need to remain safely at home."

The AFSC is also sending out daily email blasts with current information and fun ways to pass the time with loved ones. Says one caregiver, "You all are heroes! Thank you for keeping us connected!"

Perdue says that contingency planning is one of the most important services the AFSC is providing during this time. "Primary caregivers over the age of 60, especially those with co-existing health conditions, need to have contingency plans in place, including at least one emergency contact, in the event that they become ill", she says. "We are glad to talk them through the process and give them the confidence they need to get through."

In addition, AFSC staff has constantly updated lists of local resources for food, pharmacy, legal and other needs. But they don't stop there.

Melanie Braverman, AFSC Co-founder and Cultural Director, says "Being socially isolated can be the biggest challenge. We're staying connected with our people to shine the brightest light possible on flattening the curve."

The AFSC team is sending out daily videos to keep caregivers informed and their spirits up. Topics have included proper hand washing, how to enjoy bird watching out the window, musicals to watch online, music to dance to and virtual travel tours. All videos remain accessible at

<https://www.alzheimerscapecod.org/march-memory-madness-what-to-do-while-you-are-flattening-the-curve.html>. You can sign up to receive these videos by email at <https://www.alzheimerscapecod.org/contact.html>

Any caregiver needing information or support can call the AFSC at (508) 896-5170 Monday through Friday from 9:30 a.m. to 3:30 p.m. Messages are checked regularly. Or visit www.alzheimerscapecod.org or email info@alzheimerscapecod.org. Donations in any amount are vital to insuring these free services remain available across the Cape Cod community.