Support groups offer the opportunity to connect with others in similar circumstances. Guided by dementia experts, our groups often have a specific focus to ensure you find a group to best meets your needs. Join the discussion to seek or share advice or strategies, learn, connect or just listen. For convenience, most groups are currently offered online via Zoom. Please contact BAIFCS@BannerHealth.com or 602-839-6918 for Zoom link or location information.

Support Groups

Adult Child Support Group
Last Tuesday, 5:15-6:45pm
Who: Adult children caring for parents with dementia
Guide: Gerrie Jakobs, LCSW

Tuesday Caregiver Support Group
First Tuesday, 1-2pm
Who: Care partners of persons with dementia
Guide: Carrie Langford, LCSW

Wednesday Caregiver Support Group
First Wednesday, 1-2pm
Who: Care partners of persons with dementia
Guide: Michelle Faddoul, LCSW

Memory & Movement Disorders Support Group
Third Thursday, 10:45-11:30am
Who: Care partners of persons with memory or movement disorders at BAI Tucson
Guide: Michelle Faddoul, LCSW

Coffee Talk for People with Parkinson’s and Care Partners Group
Each Friday, 10-11am
Available virtually the 1st and 3rd Fridays and in person at BSHRI the 2nd and 4th Fridays.
Who: Persons living with Parkinson’s and their care partners
Guide: Tessa Sweep, LCSW

Early-stage Memory Loss & MCI Support Group
Fourth Friday, 1-2:30pm
Who: Persons living with memory loss and their care partners
Guide: Barbara Johnson, LCSW

Just Me Early Stage Support Group
Second Friday, 1-2:30pm
Who: Persons living with MCI or early stage
Guide: Barbara Johnson, LCSW

Frontotemporal (FTD) Dementia Support Group
Second Tuesday, 12:30-2pm
Who: Care partners of persons with FTD, Primary Progressive Aphasia or strokes in the frontal lobe
Guides: Michele Grigalitis-Reyes, DNP & Maribeth Gallagher, DNP

Lewy Body (LBD) Dementia Support Group
First Friday, 12:30-2pm
Who: Care partners of persons with LBD or Parkinson’s dementia
Guides: Megan Cox, LMSW & Melissa Cardenas, FNP-C

Men Who Care Support Group
First Wednesday, 7:30-9am
Who: Male care partners of persons with dementia
Guide: Chase Wernecke, BS

Native American Circle Group
Second Thursday, 10-10:30am
Who: Indigenous care partners of persons with dementia
Guides: Nicole Loney, BIS & Heather Mulder, BS

Un Descancito Grupo
Last Friday, 9-10am
Available in person at Casa Primavera
1617 N 45th Ave, Phoenix, AZ 85035
Who: Spanish speaking caregivers of persons with dementia
Guides: Cristina Diaz and Stephanie Brown, LMSW

Dementia Friendly Arizona
Changing people’s perceptions of dementia by transforming how we think, talk and act about the disease, Dementia Friendly Arizona is leading the charge to create communities that are supportive of people living with dementia. Contact us to learn more about how your community can join many others in making Arizona dementia friendly!
BannerHealth.com/DementiaFriends

Native American Outreach Program
Our Native American Outreach Program fosters awareness, care and scientific understanding of Alzheimer’s/dementia in tribal communities through education and outreach activities, and prides itself in understanding and responding to needs within urban and rural lands.
BannerHealth.com/AlzNativeAmerican

Family and Community Services
2024 Education, Support and Life Engagement Programs
These programs are made possible by the generous support of the Banner Alzheimer’s Foundation

Beacon Newsletter
Want news and information you can use? Our monthly newsletter comes straight to your inbox filled with caregiving tips, the latest research and other relevant topics. Visit BannerHealth.com/AlzBeacon to sign up. If you are interested in sharing your caregiver journey and want to be featured in the Caregiver Corner column, please email BannerResearch@BannerHealth.com.

Speaker’s Bureau
Want to learn about a particular topic? We have programs on Alzheimer’s disease, Parkinson’s disease, clinical trials, prevention research, caregiver strategies and wellness. Request a speaker on our website at BannerHealth.com/ResearchSpeakersBureau.

Support Line
We offer a Support Line for current patients and families to call when looking for information, advice, and support. This allows you to speak with a team member ready to answer your questions, provide valuable resources or simply listen. Please contact the clinic where you receive care to learn more.
Dementia Friends programs:

Information Sessions
Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Learn the critical aspects to better understand dementia, how it affects people and how we each can make a difference in the lives of families. Attendees become Dementia Friends and are asked to turn their understanding of dementia into action, helping transform our communities.

Champions Training
Does the Dementia Friends philosophy speak to you? This course trains you to facilitate sessions in your networks for the broader community.

Fact or Fiction: The Truth About Alzheimer’s Disease
When it comes to Alzheimer’s disease, we are constantly bombarded with ads touting the latest, greatest prevention strategy. This interactive session helps sort through the noise and reveals the truth about where we are and where we’re headed. You’ll leave with easy steps you can take to join us in our fight to end Alzheimer’s disease.

Grief, Loss & Caregiving: Living with Uncertainty
Caregiver stress and burden may sometimes be misunderstood, with the real culprit being ambiguous loss - when the person is physically present but psychologically different from who they once were. Learn definitions and concrete strategies to infuse hope, meaning and promote self-care.

Help at Home: Support for the Person Living at Home
Caring for a person living with dementia requires support, but it can be difficult to know where to begin. Review possible options for care when considering bringing help into the home, how to make an informed decision and ensure success.

Medications for Dementia: What Are They & What Can I Expect?
While there are only a few medications approved for the treatment of dementia, other medications may be used to help manage symptoms. Join this class for a review of medications, set reasonable expectations for use, potential side effects and tips for common issues.

Planning Ahead: Medical, Legal and Financial Decisions
A diagnosis of Alzheimer’s disease and related dementias leaves important decisions that need to be considered. Caregivers will learn about what decisions are necessary, along with how to find help and pay for care in the home, community and residential settings.

Residential Care: When Moving Becomes the Best Option
Moving to a residential community is a multi-faceted decision. Learn the importance of planning and considerations when making the transition from one level of care to another.

Science of Preventing Alzheimer’s Disease
Can scientists find a way to stop Alzheimer’s disease before it ever affects your memory and thinking? Research efforts to prevent the disease are now focused on individuals who may be at risk for Alzheimer’s but do not show any symptoms. This fascinating presentation will provide an overview of how Alzheimer’s disease is defined before symptoms appear and how it is being used to develop preventative therapies.

Understanding Dementia
Understanding dementia helps answer important questions about how Alzheimer’s disease differs from dementia, as well as outlines the early signs of memory loss. In addition, topics will include what people can do to support someone with memory loss and how you can get involved in your own community to raise awareness and reduce stigma of Alzheimer’s disease and other dementias.

Programs for Diverse and Inclusive Audiences
Alzheimer’s disease does not discriminate, but is viewed differently by different groups of people. Contact our Speaker’s Bureau at BannerHealth.com/ResearchSpeakersBureau to schedule a customized education program for your group. From brain health and improving awareness to support strategies and clinical trials, our D&I team will work with you to best meet your community’s unique needs.

*Programming available in English and Spanish.

ENGAGEMENT PROGRAMS
Looking for activities that ignite creativity, connection and expression? Try one of our engagement programs designed for people living with memory loss. For information on any of our engagement programs, email: BAIFCSI@BannerHealth.com.

Back to Baseball
In partnership with the Society for American Baseball Research, this program celebrates decades of baseball memories for people with dementia and their care partner. People living with Alzheimer’s or a related dementia commonly experience short-term memory loss, though longer-term memories can remain intact. Participants will be guided through remiscent activities to help enjoy earlier memories and moments.

Shine Your Light
Start your weekend off on a high note with Shine Your Light! We welcome anyone living with Alzheimer’s or another dementia and their care partners to join our weekly virtual gatherings to share the joy of music and connection.

To Whom I May Concern
This storytelling program offers individuals with mild memory loss an opportunity to share their unique experiences in a small group. Stories are compiled by us, and shared by participants in a medium decided on by the group.