



Dementia Alliance of North Carolina

engage. educate. empower.

Formerly Alzheimer's NC, Dementia Alliance of North Carolina has served local communities for over 30 years as a 501(c)(3) non-profit organization. One hundred percent of our funding stays here to improve lives of all North Carolinians impacted by dementia, engaging and empowering them through support, education and research.

CAREGIVER SUPPORT

- Individual and family counseling at no cost
- Support groups and support group facilitator training
- Caregiver resource referral and information
- Referrals and reimbursement for respite care

EDUCATION

- Community talks, workshops and conferences
- Seminars for family caregivers
- Training for professional groups and law enforcement

RESEARCH

- Funding research in NC to advance innovative therapies and reduce the number of individuals impacted by dementia

ADVOCACY

- For the rights of individuals living with dementia and their caregivers

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**DEMENTIA
ALLIANCE**
of North Carolina

ENGAGE. EDUCATE. EMPOWER.



The Ten Absolutes of *Caregiving*

NEVER ARGUE **INSTEAD** Agree

NEVER REASON **INSTEAD** Divert

NEVER SHAME **INSTEAD** Distract

NEVER LECTURE **INSTEAD** Reassure

NEVER SAY "REMEMBER?" **INSTEAD** Reminisce

NEVER SAY "I TOLD YOU..." **INSTEAD** Repeat & Regroup

NEVER SAY "YOU CAN'T ..." **INSTEAD** Find Out What
They CAN Do

NEVER COMMAND, DEMAND **INSTEAD** Ask & Model

NEVER CONDESCEND **INSTEAD** Encourage & Praise

NEVER FORCE **INSTEAD** Reinforce

