



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





Dementia Alliance of North Carolina

Comfort. Assistance. Resources. Education

Dementia Alliance of North Carolina has served local communities since 1981 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
- Music & Memory at Home program
- 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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