

Providing emotional support, education,
meaningful engagement, and coping strategies
in a social distanced virtual format

The Shiley-Marcos Alzheimer's Disease Research Center (SMADRC) provides an array of virtual support groups and activity interventions designed to support well being and support quality of life for persons with memory disorders and their care partners.

- Facilitated by trained professionals
- No obligation to participate in research
- No cost to participate
- Easy to access via zoom or phone



Monthly support group open to caregivers of all ages providing care to individuals with Alzheimer's or a related disorder.

Offered every 2nd Wednesday of the month from 2:00 pm -3:00 pm

Co-sponsored by Alzheimer's San Diego



Monthly discussion, education and support for individuals who have learned that they have one or two copies of the e4 allele of the apolipoprotein E gene (ApoE).

Offered every 2nd Tuesday of the month from 3:00 pm - 4:00 pm



Monthly support group at the Shiley-Marcos ADRC for individuals who are in the early stages of Alzheimer's or a related disorder and started experiencing symptoms before age 65.

Offered the 4th Wednesday of the month:

Care partner: 12:00 pm - 1:00 pm
Person diagnosed: 1:00 pm - 2:00 pm



Weekly support group at the Shiley-Marcos ADRC for people with early-stage Alzheimer's or a related disorder. Caregivers of enrolled participants can join in a concurrent caregiver support group.

Care partner: Every Wednesday 10:30 am - 11:30 am

Person Diagnosed: Every Wednesday 11:30 am - 12:00 pm



Monthly support group for caregivers providing care for individuals with non-Alzheimer's dementias, such as Lewy Body Dementia or Frontotemporal Dementia.

Offered the first Wednesday of every month from 2:00 pm - 3:00 pm

Co-sponsored by Alzheimer's San Diego



Bi-monthly Spanish support group for caregivers of all ages providing care to individuals with Alzheimer's or a related disorder.

Offered the 2nd & 4th Friday of the month from 2:00 pm - 3:00 pm

Sponsored by Alzheimer's Association and Co-sponsored by SMADRC and George G. Glenner Alzheimer's Family Centers, Inc.



Monthly program in collaboration with the San Diego Museum of Art, Timken Museum of Art, and Museum of Photographic Arts. SMADRC trained docents provide 1-hour interactive tours to participants with memory disorders and their care partners.

Co-sponsored by Alzheimer's Association

Pre-Registration is required. Email: ttruscott@ucsd.edu