QUALITY OF LIFE PROGRAMS

The Shiley-Marcos Alzheimer’s Disease Research Center provides an array of in-person and virtual support groups and activities to support well-being and quality of life for persons with memory disorders and their care partners.

- Monthly support group open to caregivers of all ages providing care to individuals with Alzheimer's or a related disorder. Co-sponsored by Alzheimer’s San Diego.

- Weekly support group for people with early-stage Alzheimer’s or a related disorder. Caregivers of enrolled participants can join in a concurrent caregiver support group.

- Monthly program in collaboration with the San Diego Museum of Art (SDMA), Mingei International Museum, Timken Museum of Art, and Museum of Photographic Arts at the SDMA trained docents provide 1-hour interactive tours to participants with memory disorders and their care partners. Co-sponsored by Alzheimer’s San Diego.

- Monthly support group for caregivers providing care for individuals with non-Alzheimer’s dementias, such as Frontotemporal Dementia. Co-sponsored by Alzheimer’s San Diego.


- Six-session Musical Biographies™ program developed by Villa Musica for participants with memory disorders and their care partners. Participants create a scrapbook and a musical playlist that accompanies their book to elicit meaningful memories in this program.

- Virtual meetings available
- In-person meetings available

Facilitated by trained professionals • No obligation to participate in research
No cost to participate • Virtual meetings are easy to access via zoom or phone

Pre-Registration is required. Call (858) 822-4800
adrc.ucsd.edu