



QUALITY OF LIFE PROGRAMS

PROVIDING EMOTIONAL SUPPORT, EDUCATION, MEANINGFUL ENGAGEMENT, AND COPING STRATEGIES

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 Association.*



- 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.*



- Monthly support group for caregivers providing care for individuals with Lewy Body Dementia. *Co-sponsored by Lewy Body Dementia Association*



MUSICAL BIOGRAPHIES™

- 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