

# UC San Diego

## School of Medicine

SHILEY-MARCOS ALZHEIMER'S  
DISEASE RESEARCH CENTER

# 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 designed to support well-being and 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**  
**Virtual meetings are 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.

*Co-sponsored by Alzheimer's San Diego.*



- 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.



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

*Co-sponsored by Alzheimer's San Diego.*



- Monthly program in collaboration with the San Diego Museum of Art, Mingei International Museum, 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. Sesiones disponibles en español.

*Co-sponsored by Alzheimer's Association.*



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



- 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 music playlist to accompany their book in this program.



- Este grupo es ofrecido el segundo jueves del mes para familiares o amistades con un ser querido diagnosticado con Alzheimer u otra demencia. Las sesiones son gratuitas y ofrecidas en persona en el área de Chula Vista.

*Patrocinado por la Asociación de Alzheimer en colaboración con SMADRC y Norman Park.*

- Virtual meetings available
- In-person meetings available