



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.

Caregiver Support

● 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.



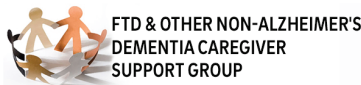
● Weekly support group for people with early-stage Alzheimer's or a related disorder. Caregivers of enrolled participants can join in a concurrent caregiver support group.



● Program for individuals dealing with Alzheimer's and other related disorder provides access to horticultural-related activities in a welcoming and safe environment.



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



● Monthly support group for caregivers providing care for individuals with non-Alzheimer's dementias, such as Fronto-temporal Dementia.

Co-sponsored by Alzheimer's San Diego.



Lewy Body Dementia Caregiver Support Group

● 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