

## GENERAL INFORMATION

Both CARERS and TEACH are offered at the Fanny Allen campus in Colchester, Vermont.

Participation in both therapeutic programs is generally covered by the caregiver's own health insurance and there may be a co-pay. The pre-assessment interview for the CARERS group is also typically covered by health insurance.

## FOR MORE INFORMATION OR TO INQUIRE ABOUT PARTICIPATION:

Please contact the Memory Program at 802-847-1111 and ask to speak to one of our clinical social workers, Lori P. McKenna, LICSW or Lisa K. Lax, LICSW EdD.

## REFERENCES

Reitman Centre CARERS Program, (2019). <https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support/caregivers-and-family-members-caring-for-someone-dementia/carers/reitman-centre-carers-program>

Chiu M, Wesson V, & Sadavoy J. (2013), Improving caregiver competence, stress coping, and mental well-being in informal dementia caregivers. *World Journal of Psychiatry*, 3 (3), 65-73.

## MEMORY PROGRAM



# Groups for Caregivers

Offered Through the Memory Program

THE  
University of Vermont  
MEDICAL CENTER

The Memory Program at UVM Medical Center in partnership with the UVM Center on Aging is pleased to offer the CARERS and TEACH Programs. These are evidence based therapeutic groups for family members who provide care for a loved one coping with a primary dementia or dementia related to Parkinson's Disease and other conditions. These groups are based on models developed at the Reitman Centre at the Sinai Health System of Toronto, Ontario. We are proud to be the first center in the United States with trained staff to offer these programs.

### TEACH

For family members who are new to caregiving, we offer TEACH, a group program for up to 7 members. TEACH (Training, Education, and Assistance for Caregiving at Home) is a therapeutic group that meets for 90 minute sessions for 4 consecutive weeks and is led by a trained mental health professional. Group sessions provide education and skills training for self-care, communication, resources and systems navigation, and planning for the future. TEACH is open to any family member who provides care to a family member diagnosed with dementia.

The TEACH Program utilizes a unique structured model of supportive interaction, information sharing and problem solving.

Those interested in participating in TEACH may contact the clinical social work team at the Memory Program. An intake session with a clinical social worker may be needed prior to registering for this group.

### CARERS

The CARERS Program consists of an 8 week group for 6 members facilitated by trained mental health professionals. CARERS (Coaching, Advocacy, Respite, Education, Relationship and Simulation) is designed to increase understanding of the behavioral and psychological symptoms of dementia and to address caregiver burden. Sessions are focused on problem solving skills to address practical needs and resource development, and the use of patient simulation and coaching to enhance communication skills and management of emotions. Trained simulated patients attend all group sessions.

CARERS is intended for family members who have been actively providing intensive care over time. We offer separate groups for spouses or partners and for adult children caregivers. The group for adult children caregivers is held for 2 hours in the evenings and the group for spouse or partner caregivers is offered for 2.5 hours.

Those interested in participating may contact the clinical social work team at the Memory Program.

A pre-assessment interview is required to participate in the CARERS program.



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