

# JumpStart

JumpStart is a free support group and specialized education program for persons who have been diagnosed with Mild Cognitive Impairment (MCI) or are in the early stages of Alzheimer's disease or another dementia **and** their care partners.



*JumpStart* gives participants an opportunity to meet others and share experiences in a safe, friendly, and supportive environment.

Through a combination of support and education, *JumpStart* empowers individuals with memory loss and their care partners to cope with everyday challenges.

*Note: If a care partner is unavailable, the person with the diagnosis may attend alone.*

## Participants benefit from:

- ♥ Ongoing parallel weekly support group sessions for individuals with memory loss and their care partners and
- ♥ Bi-monthly workshops led by dementia care experts who address topics of interest, from medications to driving.

## Through *JumpStart*, you will:

- ♥ Better manage the diagnosis and its impact on your life
- ♥ Learn about available treatments and current research
- ♥ Make connections with others facing memory loss and local resources
- ♥ Develop ways to maintain independence while staying safe

## PRE-REGISTRATION IS REQUIRED

Please call for more information

**(714) 593-1844**

