

# ALZ Companions

Respite & relief for families

**Are you caring for someone with dementia? Do you need a break?**

**ALZ Companions** provides free respite and relief to families caring for a loved one with dementia. Companion Volunteers are trained by Alzheimer's San Diego then carefully matched with your family based on personality, location and your companionship needs.



Each week, your volunteer will come to your house and spend a few hours with the individual suffering from dementia:

- Talking or reading a book
- Playing a game or completing a puzzle
- Or just being their friend

During this time you are encouraged to spend time with friends, run errands or just simply relax and take a break.

---

**To learn more, please call us at:**  
**858.492.4400**

---

# Is The ALZ Companions Program Right For You?

## ELIGIBILITY CRITERIA:

1. You are caring for a spouse or family member diagnosed with Alzheimer's disease or a related dementia.
2. You are living in a private home in San Diego County (not a residential care community or facility).
3. The person with dementia will not require hands-on assistance with personal care (eating and using the restroom) or moving around the home.

## COMMON CONCERNS:

### **“We’re not ready for a respite program yet.”**

The ALZ Companions Program is ideal for families in all stage of dementia, particularly the early and middle stages. Research shows that people who are regularly engaged in social interaction may have increased quality of life and maintain their brain vitality longer. Starting early also allows the family an opportunity to build a relationship and establish a routine with their Companion Volunteer, which can be helpful for the future.

### **“My husband doesn’t want to participate. He says he doesn’t need a babysitter.”**

The ALZ Companions Program works with you to introduce the volunteer in the most natural and fitting way for your family. For example, Companion Volunteers have been introduced as helpers for craft and other projects around the house.

### **“I don’t think I need respite.”**

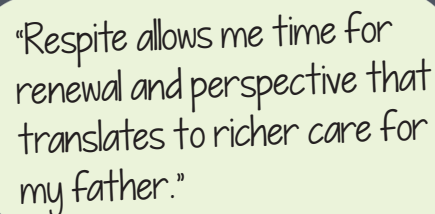
As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is to stay physically and emotionally strong. Taking a break from the daily challenges of providing care can be beneficial for physical, mental and emotional health.

## WHAT PEOPLE ARE SAYING:




“I felt comfortable leaving my wife at home with our volunteer.”

*John, caregiver for his wife*



“Respite allows me time for renewal and perspective that translates to richer care for my father.”

*Denise, caregiver for her father*



“My mom loves our volunteer and we look forward to each visit.”

*Rachelle, caregiver for her mother*

**Learn more today!**

**858-492-4400**

 **Companions**  
Respite & relief for families