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AWARD-WINNING ALZHEIMER'S DISEASE WORKSHOP KIT UPDATED TO INCLUDE MORE RESOURCES FOR CAREGIVERS

New kit includes workbook to help caregivers make the most of their time

Washington, DC—In order to educate Alzheimer's caregivers about the disease and help them stay organized, the Alliance for Aging Research has updated its award-winning kit—*Alzheimer's Disease: Helping Yourself Help a Loved One*. This kit includes all of the resources necessary to conduct a workshop for caregivers of those recently diagnosed with Alzheimer's. Updates include information on treatment and research, as well as a brand new caregiver workbook.

The workbook provides the information, resources, and tools caregivers need to develop personalized action plans and to take better care of their loved ones and themselves. The workbook is interactive—prompting caregivers to think about important issues, acts as a place to store important information, and helps them be as efficient as possible.

More than five million Americans have Alzheimer's disease, and there are nearly 10 million Americans caring for them. These caregivers are often unpaid and may also have other jobs and family responsibilities. This kit helps caregivers navigate through their many responsibilities and better understand the disease.

This Alzheimer's caregiver kit was produced by the Alliance for Aging Research, and supported by an educational grant from Novartis. To obtain a copy of the kit or any of the kit resources (a Spanish version of the Caregiver Resources is available), visit the Alliance website at www.agingresearch.org or call 202-293-2856.

Founded in 1986, the Alliance for Aging Research is a nonprofit, independent organization dedicated to improving the health and independence of aging Americans through public and private funding of medical research and geriatric education. The Alliance combines the interests of top scientists, public officials, business executives and foundation leaders to promote a greater national investment in research and new technologies that will prepare our nation for the coming senior boom, and improve the quality of life for today's older generation.

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