



SHARE for Dementia

A 5-session virtual program that works alongside caregivers and persons living with early stage dementia to enhance the well-being of both parties.

SHARE COUNSELORS PROVIDE:

- Support to persons living with dementia and their caregiver to talk about the future through facilitated discussion
- Education about dementia
- Care planning for the future

This is a free program, and includes a family tool-kit, 5 sessions with a SHARE counselor plus an optional 6th family session.

GOALS OF THE SHARE PROGRAM:

- Support caregivers and help them communicate effectively and plan for the future
- Promote health and well-being, and decrease stress
- Encourage participation in fulfilling activities
- Learn about available resources that reflect care partners' values and preferences
- Provide education about dementia and how to manage changes that lie ahead



To make an appointment with a SHARE counselor, send an email to aaasupport@loudoun.gov or call 703-777-0257.