



# REACH (One-On-One Caregiver Consulting)

Resources for Enhancing Alzheimer's Caregiver Health (**REACH**) is a caregiver skill-building program. Over several months, a caregiver meets one-on-one with a Caregiver Consultant to address issues affecting caregiver well-being such as depression, problem-solving, stress, self-care, social support, safety and problem behaviors. This program is offered on a sliding fee scale, and has a suggested cost share based upon monthly income.

## Program goals aim to:

- Empower caregivers and help them to discover tools and strategies to improve and optimize quality of life
- Focus on ways to improve overall caregiver health while reducing depression/frustration
- Reduce feelings of stress from caregiving
- Improve a caregiver's ability to manage troubling behaviors
- Delay institutionalization of the care recipient

**For More information Contact Eric Nagel  
or Mel Flanum at (320) 963-6500**



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