



# Need help caring for someone with Dementia?

Get free support and guidance from Ochsner Health.

It's hard to take care of someone who has trouble thinking or remembering. Ochsner Health is here to help you. Our free programs give you the tools and support you need.

## Anyone Can Join

These programs are for anyone who helps a person with dementia.

**Caregivers | Family | Friends**

**Health workers | Faith and community leaders**

**It's FREE.**

**You never have to pay.**

**It's for everyone.**

**You don't have to be an Ochsner patient.**

**It's online.**

**Most meetings are on Zoom.**

**Your information is private.**

**We will not share your name or email.**

**You can stop anytime.**

**You can ask to stop our emails at any time.**

**Questions?**

**Email us at [brainhealth@ochsner.org](mailto:brainhealth@ochsner.org)**



### Get Support

Talk with experts and other caregivers who understand.



### Learn New Skills

Find better ways to handle daily tasks and manage stress.



### Jump In from Anywhere

Our programs are easy to join and use.



## What We Offer



### Support Groups

Share your story and learn from others in a private group.

### Helpful Classes

Learn tips for communication and taking care of yourself.

### Clear Information

Get trusted articles and facts about dementia care.



## Ready to Get Started? Sign Up Today.

It's easy to join. Scan this code with your phone's camera or visit [ochsner.my.site.com/dscportal](http://ochsner.my.site.com/dscportal).

**+ Help Others Find Support.** Please share this flyer with your doctor's office, house of worship, or community group.

