



*"We offer comprehensive support  
over the course of the disease—  
an ongoing link to people who care."*

—Mary Mittelman, DrPH  
Program Director

The **Family Support Program** is offered  
free of charge to family caregivers who  
are residents of the five boroughs of  
New York City.

Contact us:  
**646.754.2277** or  
**family.support@nyumc.org**

Interpreter services are available.

145 East 32nd Street, 8th Floor  
New York, NY 10016  
**[nyulangone.org/memorydisordersupport](http://nyulangone.org/memorydisordersupport)**

NYU Langone's Alzheimer's Disease and Related Dementias  
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New York State Department of Health.



**ALZHEIMER'S DISEASE  
& RELATED DEMENTIAS**

# **FAMILY SUPPORT PROGRAM**



We provide personalized support and services to those who care for family members experiencing thinking and memory disorders.

NYU Langone's Family Support Program was created to assist family members through education, individual and family care consultation, and community support. Caregivers receive help navigating complex issues associated with all stages of these disorders.

The Family Support Program is based on research which proved that caregivers who receive emotional and practical support experience measurable improvements in depression, stress, and physical well-being.

### **A TRUSTED CARE TEAM**

Caregivers may feel overwhelmed—yet be reluctant or unsure of how to ask for help.

NYU Langone's Family Support Program connects caregivers with a care consultation team that will provide consultation and support, and a relationship that lasts throughout their time in the program.

### **A PERSONALIZED, TEAM APPROACH**

Each participant is provided with a dedicated team, which includes a licensed clinical social worker and resource coordinators. The team helps caregivers identify areas of concern so they receive the personalized support they need. Caregivers can access the program for as long as they need help.

## **ONGOING SUPPORT AND REFERRALS**

Through a close partnership and regular contact, the care team provides caregivers with consultation, education, and resources to meet their changing needs, both at NYU Langone and in their community.

## **SUPPORT SERVICES**

### **Education**

Caregivers learn about the effects of memory disorders, the best ways to respond, and the resources that can support them.

### **Care Consultation**

Individual and family consultation is available in person, by phone, or by video conferencing to help address the changes in daily life and relationships caused by the memory disorder.

### **Connections to Support Groups, Respite and Physicians**

Connections to community support groups and respite care services, as well as referrals within NYU Langone's physician network and to other community providers, can help caregivers navigate the multiple challenges of their family member's care.

### **Peer Mentoring**

Caregivers receive practical support and compassionate guidance through three-month mentoring matches with more experienced caregivers.

### **Early Stage Dementia "Buddy Program"**

NYU graduate students are paired with a family to provide a needed break for the caregiver and a meaningful connection for the person with a memory disorder.