

Has your loved one
been diagnosed with dementia?

We can help.

GUIDANCE AND ADVICE: Hilltop Dementia Specialist, Laurie Frasier, is happy to sit down and offer advice and guidance to anyone needing support. She is the Director of Senior Daybreak of Hilltop, an adult day care program for seniors with dementia. Laurie has extensive knowledge and experience caring for persons with dementia and Alzheimer's, including her own mother. She can help families create an individualized action plan for their situation and provide a resource list of care and support options. Call 241-7798 for an appointment. This service is free.

SUPPORT GROUP: Hilltop offers a caregiver support group held monthly on the 3rd Friday of the month, from 1:00-2:30 pm, which meets in The Commons private dining room. This group is open to all family members or friends who are caring for a person with dementia. An early dementia group, "Brainboosters", is held simultaneously. For more information call Sara Suazo at 244-0771 or Laurie Frasier at 241-7798.

DEMENTIA EDUCATION: Hilltop offers an 8 hour "Dementia & Alzheimer's Workshop" for family members or professionals. There is a \$45 fee for this quarterly class that comes with an extensive dementia training manual, and is offered through the Western Colorado Community College. Contact Laurie Frasier at 241-7798 for class schedule.

