

RDAD-KC Program: *Working to make the Kansas City Metro area more dementia capable!*

This unique program works with caregivers of individuals who have moderate to severe dementia and/or intellectual/developmental disabled individuals who are at risk for dementia. The program provides caregivers coaching sessions and exercise education. The SC-Central's professionals will train the caregiver and the participant to increase pleasant activities, and improve their communication as well as problem-solving skills. The program has 12 modules worth of activities but the program is flexible to fit each group's individual schedule needs.

Some general information about the program:

- Caregivers receive training and regular support meetings that help guide the team through each week!
- Support surrounding dementia care is provided as well as the opportunity for further information on the disease.
- The exercise component is LOW intensity and only requires that individuals not have activity restrictions, can stand up from a chair with no assistance and have a small, safe area to do the exercise in.
- Along with videos that demonstrate the activities each week, all participants and the caregiver will receive home visits from our SC-Central experts to go over expectations and progress checks. This allows the caregiver to speak about attitudes and responses from the participants as they work through the program.
- **THERE IS NO FAILING!** There's right way to complete these exercises. The exercises can be done on the caregiver and participant's own time in the comfort of their own living space!
- Those involved include Jewish Family Services, SC-Central, Eitas, and Alzheimer's Association-any agency can assist in getting started!
- A key aspect of the program is to experience positive behavioral changes with the participant

Contact *Katrina Fox* at the Shepherd's Center-Central to get more information or if you have a caregiver and a client with dementia that could benefit from participation in the program, even if you are not sure if they would fit, call and find out!

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