



# MGB RESOURCES FOR CAREGIVERS & PEOPLE LIVING WITH MEMORY PROBLEMS



## BRIGHAM & WOMEN'S HOSPITAL - BRAIN HEALTH PROGRAM

### PROGRAMS FOR PEOPLE LIVING WITH MEMORY PROBLEMS

#### MEMORY STRATEGIES GROUP

6-week education and support group focused improving your ability to learn and retain new information in order to mitigate the impact of memory loss on your daily life For more information, [click here](#).

#### GOAL MANAGEMENT TRAINING - ATTENTION & EXECUTIVE FUNCTIONING SKILLS

8-week group that introduces patients to mindfulness, attention training and strategies for supporting daily planning, task focus, decision making, and problem solving. For more information, [click here](#).

#### MEMORY SUPPORT GROUP

8-week support group that provides an opportunity to discuss the emotional and social impact of memory changes. For more information, [click here](#).

### PROGRAMS FOR CAREGIVERS

#### CAREGIVER SKILLS & WELLNESS

6-week program during which caregivers will be introduced to education around dementia related change and discover various methods that could be beneficial over the course of the condition. For more information, [click here](#).

### PROGRAMS FOR EVERYONE

#### MY HEALTHY BRAIN

8-week program that teaches specific skills and strategies for optimizing and preserving brain health with aging. For more information, [click here](#).

## MASSACHUSETTS GENERAL HOSPITAL - DEMENTIA CARE COLLABORATIVE

### PROGRAMS FOR CAREGIVERS

#### FUNDAMENTAL SKILLS FOR LIVING WITH DEMENTIA

Monthly, four-part course for family, friends, and caregivers providing practical strategies for successful day to day interactions. For more information, [click here](#).

#### CONVERSATIONS WITH CAREGIVERS

Monthly, innovative educational forum to provide the community with a wealth of resources around dementia and caregiving. For more information, [click here](#).

#### DEMENTIA CAREGIVER SUPPORT GROUPS

An opportunity for people living a shared experience to give and receive support and share feelings and resources. For more information, [click here](#).

### PROGRAMS FOR EVERYONE

#### AGELESS GRACE®

A brain:body wellness program featuring playful seated movement with upbeat music. Held twice per month via Zoom. For more information, [click here](#).

#### STRENGTH & BALANCE

Strength and Balance Class with Phil Golden, Personal Trainer. It is on the 2nd Tuesday of each month from 10am to 11am ET (zoom) For more information, [click here](#).

#### HEALTH & RESILIENCY

A monthly series offering tangible ways to shift from a place of chronic stress and anxiety to a place of greater healing, health, and wholeness. For more information, [click here](#).