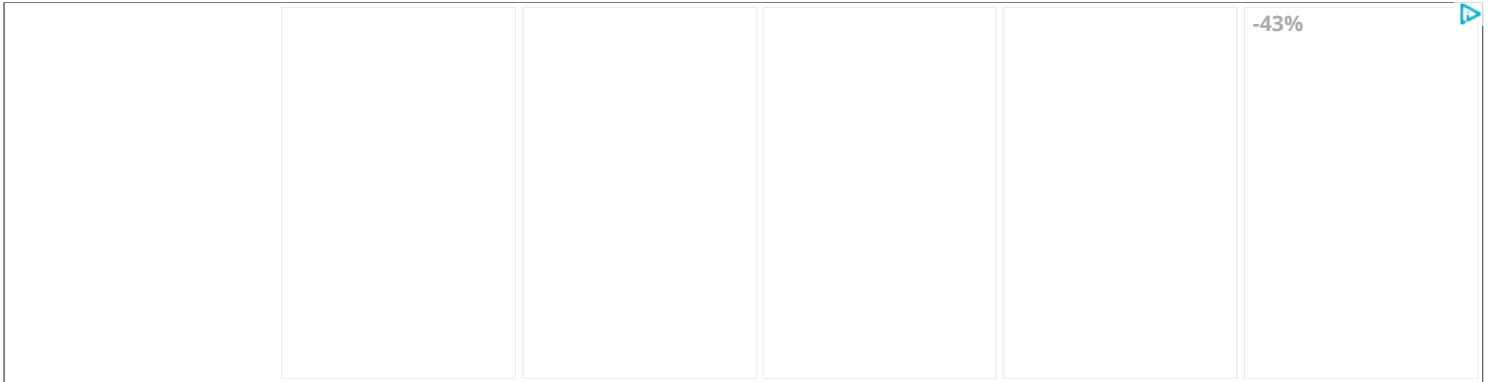


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## Help available for caregivers

Published: Saturday, Nov. 26, 2016 1:15 a.m. CST

By STAFF REPORT [news@saukvalley.com](mailto:news@saukvalley.com) 815-625-3600, ext. 5501

STERLING – For those who have a family member battling Alzheimer’s disease or dementia, life can feel overwhelming and isolation, according to a news release.

For this reason, the Alzheimer’s Association, Central Illinois Chapter is offering a support group the second Tuesday of every month in Sterling for caregivers of those with Alzheimer’s or dementia.

According to the Alzheimer’s Association, Alzheimer’s disease is the sixth leading cause of death in the United States. Caregiving can truly be a stressful endeavor surrounded by anxiety, worry, and guilt, and many feel as if they are alone in their journey.

“Caregiving is a tough job, especially caring for someone with Alzheimer’s or dementia. It takes a huge toll on the caregivers emotionally, so we want to ensure they get the support they need,” said Daryl Carlson, manager of education and outreach at the Alzheimer’s Association.

The next meeting will be at 2 p.m. Dec. 13 at New Life Lutheran Church, 700 W. Lynn Blvd. The group is led by Amber McCormick, a certified therapeutic recreational specialist and a certified dementia practitioner. McCormick has worked in long-term care with individuals with dementia for more than 5 years.

The meetings last about 1 hour.

# VIDEO

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“Alzheimer’s and dementia affect every family member differently and I feel if people knew there were other people struggling with the same issues, it would give them a sense of comfort,” she said.

For more information, visit [alz.org/illinoiscentral](http://alz.org/illinoiscentral) or call McCormick at 815-625-6601.

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