

Contact the Information and Caregiver Resource Center (ICRC) at LifePath for information about other programs and services that can benefit individuals with a memory disorder:

State Home Care: LifePath can help you develop a care plan specific to your needs and arrange services with providers you choose.

Family Caregiver Program: The Family Caregiver Program can assist with a wide variety of elder-care needs, including housing, in-home caregiving, and elder law.

Options Counseling: Community options resource specialists from the Options Counseling Program assist clients in determining their care options.

Alzheimer's Coaching: LifePath can connect clients with an Alzheimer's coach who can assess them and help them and their caregivers minimize the disease's impact.

Respite Services: Respite Services support caregivers who provide daily care to elders or persons with disabilities.

SHINE (Serving the Health Insurance Needs of Everyone): The SHINE program provides health insurance information, counseling, and assistance to Medicare beneficiaries.

Alzheimer's Coaching: LifePath can connect clients with an Alzheimer's coach who can assess them and help them and their caregivers minimize the disease's impact.

At LifePath, we listen first, and then help each person find the best options for their unique needs. We help elders and persons with disabilities maintain independence and quality of life in their own homes and communities. We help caregivers to find relief and help loved ones to choose the right path.

For over 40 years, we've been offering options for independence. We welcome all people regardless of race, physical appearance or ability, sex, age, nationality or ancestry, class, religious or political beliefs, marital status, sexual orientation, or gender identity.

LifePath, a private, nonprofit corporation, serves Franklin County plus Athol, Petersham, Phillipston, and Royalston. Some of LifePath programs extend into Berkshire, Hampden, Hampshire and Worcester counties.

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Dementia Caregivers Support Group

A Service of LifePath, Inc.

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Formerly Franklin County
Home Care Corporation



The Dementia Caregivers Support Group

The Dementia Caregivers Support Group provides an opportunity for family and friends of those with a memory disorder to share experiences and find mutual support. The group also offers new information about resources, services, funding, research, medication, and caregiving. The Dementia Caregivers Support Group meets twice a month on Wednesdays from 5–7 p.m. in the large conference room at LifePath. There is no fee to join the group, and all are welcome.

What is a memory disorder?

The term “dementia” does not refer to a specific disease. Instead, it is a broad term that describes a variety of different symptoms that are often associated with memory loss. In the case of dementia, the memory loss is severe enough to impair a person’s ability to live life the way they would like to.

As we age, our memory-retrieval system starts to slow down. That makes it difficult to remember things as quickly as we did when we were younger. When this slowing process begins to interfere with daily life, there may be a memory disorder.

“Thank you for being there for us. If we are lucky, we will all be old someday!”



What causes a memory disorder?

The most common cause of memory loss is Alzheimer’s disease. This progressive, degenerative disease results from the death of brain cells, which can cause moderate to severe memory loss. Other conditions, like a small stroke in the brain, can cause vascular dementia. There are over fifty types of disorders that can cause dementia. While memory disorders are often thought to only afflict elders, diseases like early-onset Alzheimer’s can affect individuals in their forties and fifties.

What are some possible warning signs?

- Changes in mood or personality
- Withdrawal from social activities
- Misplacing things and losing the ability to retrace one’s steps
- Forgetting how to perform familiar tasks (for example, cooking, making home repairs, or playing cards)
- Challenges with planning or problem solving

“With your help we were able to keep mom in our home all but the last eight weeks of her life. Thank you for your kindness and support.”

What should I do if I am concerned about myself or a loved one?

Early, complete evaluation is important because some types of dementia are treatable, including those caused by nutritional deficiencies, medication reactions, or a preexisting health condition.

Get in touch with LifePath to find out how you can join the Dementia Caregivers Support Group and learn about other programs and services.

Other Community Resources

- North Quabbin Alzheimer’s Caregivers Support Group, 978-248-6334
- Henry Heywood Hospital Group for Caregivers, 978-630-6325
- Caregiver Support Group of Shelburne Falls, 413-625-2502
- Caregiver Support Group of Northfield, 413-498-2186