

REACH out to VINE for support as you provide care to someone with dementia



CAREGIVERS

VINE's trained coaches can help you through our REACH Program (Resources for Enhancing Alzheimer's Caregiver Health)

Through one-on-one coaching REACH will

- teach caregivers how to reduce stress, problem solve, and manage day-to-day challenges
- assist caregivers with improving confidence and self-care

REACH participants

- receive a Caregiver Notebook – a helpful resource guide
- meet with a trained and certified coach 4 times (in-person or by phone) over 2-3 months

Who can participate in REACH?

Family members and others who have a significant relationship and who provide substantial, consistent, or long-term care for a person with dementia.

How much does the REACH program cost?

Fees are affordable and based on a sliding fee scale. Service will not be denied to caregivers who are unable or unwilling to pay.

How can I sign up or learn more about REACH?

Call VINE at (507) 387-1666 and ask for Carol, Mary or Joyce.



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