

A small group program providing socialization, engagement activities, and support for those in the earliest stages of dementia.

## Abe's Garden Community Group (AGCG)

provides an opportunity for those who are aware of their dementia diagnosis to be in a supportive, engaging, small group setting with peers on a similar journey. Group members experience invaluable moments together while sharing stories from their past and present; navigating the emotions, questions, and challenges that come with their diagnosis; learning new things; enjoying body and brain health-focused activities; bonding; and having fun!

Discussions and activities are guided by the members' life stories, capabilities and interests.



## ACTIVITIES MAY INCLUDE:



- Outings to local attractions
- Music therapy
- Photography
- Songwriting
- Meditation
- Tai chi
- Yoga
- Peer-led educational sessions
- Reminiscence discussions
- Nature-based projects
- ... and much more!

Two days a week  
10 a.m. – 2 p.m. *(lunch provided)*

Abe's Garden Community  
115 Woodmont Blvd.

Monthly fee, payable in advance.  
Transportation may be scheduled, dependent on availability. Fee applies.

Potential members are assessed for program suitability. Ideal candidates are aware of their diagnoses and understand the benefits of participating in a group of individuals with similar diagnoses. Members should be ambulatory and able to manage their personal care needs. Reassessment occurs every six months or following a change of status.

A limited number of subsidized memberships, made possible by Abe's Garden Access to Care Fund, are available.

Details regarding financial assistance eligibility are available upon request.



## FOR INFORMATION, CONTACT

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Abe's Garden® Community is a 501(c)(3) nonprofit organization.



## HOW DO I KNOW IF MY LOVED ONE IS IN AN EARLY STAGE OF DEMENTIA?

For the purposes of referring your loved one to the group, consider the following questions:

- Are they aware that they have a diagnosis of dementia?
- Are they grappling with the implications of what their diagnosis means for their future?
- Are they expressing frustration, fears or anxiety about losses they are experiencing like no longer driving or working, changes in social relationships or difficulty with daily tasks?

## HOW DO I CONVINCE MY LOVED ONE TO JOIN AGCG?

There is no single approach that works for everyone, but the following are some suggestions.

**Frame it in a positive way.** “I know you want to do everything possible to maintain your physical health and keep your mind engaged. This group will give you those opportunities.”

**Speak about being of service to others.** Mention that they will be with peers who they may help by sharing their own coping skills and tips.



Visit Abe's Garden Community's **YouTube channel** anytime for free educational videos, including an FAQ series for caregivers.

## WHAT LOVED ONES ARE SAYING

*“It’s so great to see my mom laughing when we pick her up from the Community Group because I know it means she had a great day.”*

*– A participant’s daughter*

*“As [my husband] has transitioned through the different stages of his disease, the Community Group has made the single biggest impact. It has helped him to see that he can still contribute, make friends, and enjoy himself.”*

*– A participant’s wife*

*“It’s such a relief to have a place where Mother can go to stay engaged with others; to have great conversations; to learn about new things; and to participate in exercise, dance, music and other pleasant activities. We are thankful she is doing something that will help prolong her active life and engage her mind in a positive way.”*

*– A participant’s daughter*



## WHAT PARTICIPANTS ARE SAYING

*“Finding this group was the best thing for me.”*

*“Everybody needs an Abe’s Garden Community Group.”*

*“The greatest thing about this group is you can talk about your situation and everyone understands it.”*

*“I’ve gotten to know this group better than any other because of the conversations we’ve had.”*

*“People think it must be awful to have Alzheimer’s, but I just think ... it is what it is. If I never got the diagnosis, I never would’ve met these wonderful people. It’s a new chapter and a new community.”*