

Caregiver Resources at Northwestern

SUPPORT GROUPS:

Northwestern University Alzheimer's Disease Center

320 E. Superior, Searle 11-453, Chicago, IL 60611

Contact Andrea Skoglund, MSW, LCSW **312-503-0604**

Support Groups for Persons with Early Stage Alzheimer's Disease and their Families

Support Group for Caregivers of Persons with Frontotemporal Dementia or Primary Progressive Aphasia

Northwestern University Parkinson's Disease and Movement Disorders Center

710 N. Lake Shore Drive - Suite 1426, Chicago, IL 60611

Contact Diane Breslow, LCSW **312-503-4397**

All groups are open to patients, caregivers, and family members.

Exercise for Parkinson's Patients: 1st Tuesday of every month, 11:00 a.m. at Galter Carriage House, 215 E. Chicago Avenue, Room 206. Lunch and Support Group follow exercise class. (*Note:* You may attend any or all 3 of the programs.)

Parkinson's Disease Support Group: 1st Tuesday of every month, 1:00 p.m. at Galter Carriage House, 215 E. Chicago Avenue, Room 206.
Early-Stage/Younger Onset/Mid-Life Parkinson's Disease Support Group: 4th Thursday of every month, 6:00 p.m. at Abbott Hall, 710 N. Lake Shore Drive, 11th floor, Neurology Conference Room.

Essential Tremor Support Group: 1st Friday of every month at 12:00 noon at Galter Carriage House, 215 E. Chicago Avenue, Room 206.

Northwestern Memorial Hospital 251 E. Huron, Chicago, IL 60611

Alzheimer's and Related Illnesses Caregiver Support Group:

1st Monday of each month at 6:30 PM, Feinberg Pavilion 3rd Floor, Conference Room B

Contact Dani Jachino **312-861-2137**

Alzheimer's and Related Illnesses Spouse's Support Group:

4th Monday of every month at 10:00 AM, Feinberg Pavilion 251 E.

Huron, Room 300
Contact Helene Raidl, LCSW **312-695-2388**

Caregivers Support Group: 2nd & 4th Monday of every month at 1:00 PM, Galter Pavilion, 675 N Saint Clair St (21st Fl. Psycho-Social Conf. room)
Contact Jill Scott, LCSW **312-926-4282**

Grief Support Group:

- 1st & 3rd Tuesday of every month at 6:00 PM, Galter Pavilion, 675 N Saint Clair St., 8th floor, room 234.
 - 2nd & 4th Wednesday of every month at 2:00 PM, Feinberg Pavilion, 251 E. Huron St., 10th floor, room 532.
- Contact Masa Nakata **312-926-4768**

Mended Hearts

Annual Membership Fee: \$17 per person or \$24 per family.
Lifetime Membership Fee: \$150 per person or \$210 per family
(Local chapter dues may vary.)
Contact Nick Rave **312-926-2498**

COUNSELING:

**Neurobehavior & Memory Health Clinic
Northwestern Medical Faculty Foundation
675 N. St. Clair St., Suite 20-100, Chicago, IL 60611
www.brain.northwestern.edu 312-695-9627**

Caregivers of clinic patients have access to education, resource linkage and counseling by licensed clinical social workers.

**The Family Institute at Northwestern University
The Midlife and Beyond Program for Maturing Adults (ML&B)
8 S. Michigan Ave, Suite 500, Chicago, IL 60603
www.family-institute.org
Contact Michele Wolff, MSMFT **847-733-4300 x719****

The Midlife and Beyond Program for Maturing Adults has developed a unique program component to assist caregivers that offers education and counseling to help couples and families living with illness.

RESOURCE CENTER:

Health Learning Center—Northwestern Memorial Hospital

251 East Huron Street, Galter Pavilion, Suite 3-304

Chicago, Illinois 60611 312.926.LINK (5465)

HLC@nmh.org www.nmh.org/healthlearningcenter

Designed to help patients, their families, and members of the community find the health information that they need, when they need it, and in the format that works best for them.