

IMPROVING QUALITY OF LIFE

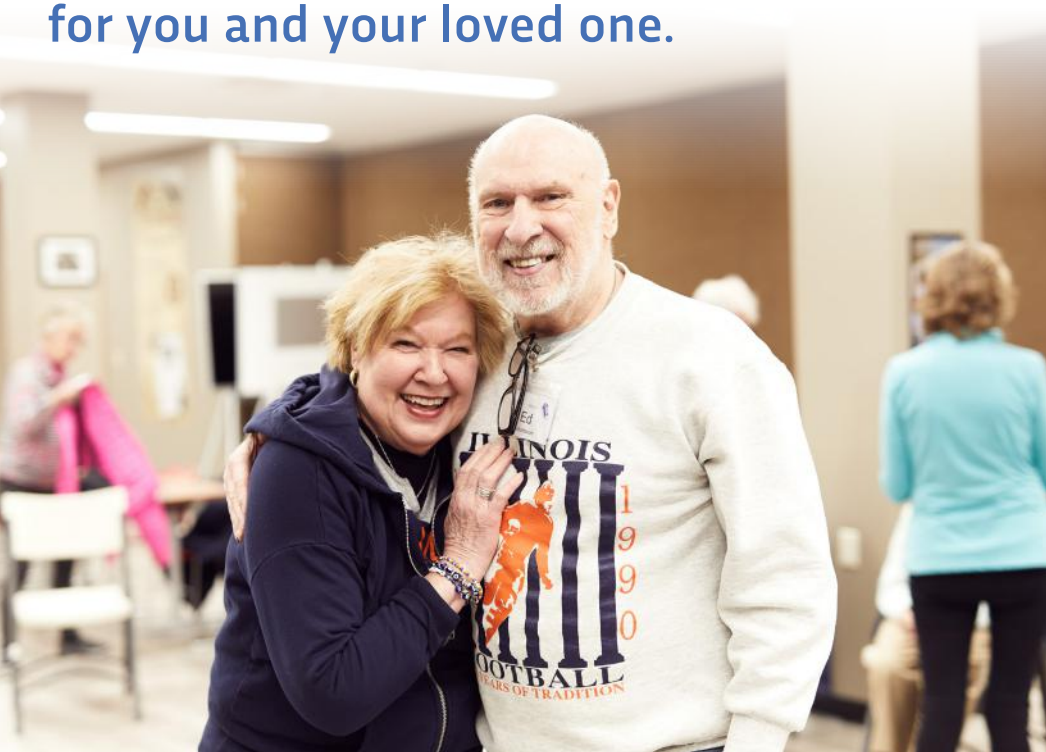
Engage your mind and body

Through our Beyond the Medical Center programs, the Smith Alzheimer's Center focuses on additional ways to improve the quality of life for persons with memory loss and their caregivers.

From art and music therapy, to group support programs led by licensed counselors, education for caregivers, exercise and fall prevention and more, these programs provide evidence-based and personalized support for both the patient and the caregiver.

It also provides a chance for caregivers to connect with other caregivers who understand the unique challenges they face. Or, some programs offer this time as an opportunity for needed respite.

Find which program is right
for you and your loved one.



The Dale and Deborah Smith Center for Alzheimer's Research and Treatment at SIU Medicine has been one of three state-designated Illinois Alzheimer's Disease Assistance Centers since 1986.

Our mission is to integrate patient care, education, and research to better understand the biological aspects of aging, cognition, and neurodegenerative disorders, allowing us to design innovative personalized care that addresses both the underlying symptoms and the disease leading to improved patient, family, and community outcomes.



OMCE1025



BEYOND THE MEDICAL CENTER PROGRAMS



SIU MEDICINE
DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT



BEYOND THE MEDICAL CENTER PROGRAMS

Whether you've recently been diagnosed with Alzheimer's, living with moderate or more advanced stages of dementia or caring for a loved one with memory loss, the Smith Alzheimer's Center has resources designed for you.

Program coordinators evaluate to determine which programs are appropriate for patients.

Interested in learning more or want to register for a program?

Call 217.545.7204 or email care@siumed.edu



ART EXPRESS

Creativity is often alive and well throughout disease progression. Art Express takes advantage of this by helping persons with memory loss or decreased verbal communication skills express themselves through art.

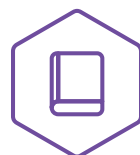
Weekly | 2 hours | All stages



COOKING WITH SIU CULINARY MEDICINE

Not only will you discover healthy meals and snacks, but you'll get to taste test them as well. This program works with SIU Culinary Medicine as caregivers and patients create meals and take home new recipes.

Monthly | 1.5 hours | Early-moderate stages



DEMENTIA CAREGIVING 101

Improve caregivers confidence and discover strategies to manage day-to-day care of persons with memory loss. This class will not only teach skills to care for a loved one but also the tools to care for yourself.

8-week program | 2 hours | For caregivers



EARLY STAGE MEMORY LOSS GROUP

Persons with memory loss and caregivers both learn to cope with memory loss, foster social and familial relationships, prepare for safety issues and daily living challenges, and consider legal and financial planning.

Twice monthly | 1.5 hours | Early stages



MINDS IN MOTION

Use all five senses for brain games, creative activities, group interaction and socialization. The primary goal is improving or maintaining the mental, physical, and emotional well-being of persons with memory loss.

Twice monthly | 3 hours | Early-moderate stages



MUSIC & MEMORY

Favorite music can stimulate deep emotional recall. This can help calm chaotic brain activity and enable the listener to better focus. Participants receive a personalized playlist of music on a portable device, as well as headphones.



SING BY HEART

Harness the power of music and sing familiar songs. This program is not about hitting the perfect pitch, but rather finding joy in music and promoting socialization.

8-week program | 1.5 hours | Early-moderate stages



STEPPING UP

Designed to improve flexibility, strength, endurance, and balance, this evidence-based exercise program focuses on lower-body strengthening. Each participant's needs and abilities are considered.

Weekly | 1 hour | Early-moderate stages