



Project C.A.R.E.

Caregiver Alternatives to Running on Empty

Karen Phoenix, Family Consultant for Project Care will be presenting information on Project CARE and Alzheimer's Disease on

February 16 at 2:00 pm.

**Watauga County Project on Aging
132 Poplar Grove Conn., Suite A
Boone, NC 28607**

For more information or to **RSVP**, please call Angie Boitnotte at **828-265-8090**

For more immediate information on Project CARE please call Karen Phoenix at 828-485-4267.

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a state funded dementia-specific support program for family caregivers. The program uses a family consultant to provide comprehensive support to caregivers of those caring for someone at home with Alzheimer's disease or related dementia. Project C.A.R.E. family consultants assist caregivers with education, resources and access to vouchers to alleviate some of the stress caregiving can create. The Family Consultant receives referrals to the program and schedules in-home visits to meet with the caregiver and the person with dementia. The level of assistance provided varies and is dependent upon what the caregiver needs and prefers.



**Western Piedmont
Council of Governments**

Creative Regional Solutions Since 1968