REACH is an evidence-based intervention used by trained caregiver consultants to support family members and others who are caring for someone with Alzheimer’s disease or a related dementia. The goal is to:

- Teach caregivers how to reduce stress, solve problems, and manage difficult behaviors the person with memory loss may display.
- Help caregivers feel confident in the care they provide and improve their ability to cope.

How it works: The caregiver completes an assessment to personalize the REACH sessions to what the caregiver needs most. The one-on-one session between the caregiver and the caregiver consultant can be conducted over the phone, or in person, typically over 2 to 3 months.

Cost: The REACH intervention session fee is based on a sliding-fee scale.

Who can participate: Family members, and others, who provide regular or ongoing care for a person with dementia.

Find Twin Cities, metro area Caregiver Consultants on the back! To connect with a caregiver consultant and learn about REACH and other supports they offer, see contact information on the back.

What the REACH sessions include

- Education about Alzheimer’s disease/dementia, safety, and health issues
- Problem-solving techniques to manage behaviors or address issues
- Stress management activities that are easy and quick to do
- Extra sessions can be provided depending on caregiver need or interest
- The Caregiver Notebook, an easy-to-understand resource with dozens of topics ranging from physical care to communication issues, is provided

Learn more about REACH in the Twin Cities metro area by contacting Amanda Nickerson, 651-917-4653, anickerson@metroaging.org
REACH Caregiver Consultants, Twin Cities Metro Area

When family caregivers receive support and skills for their particular needs, they can better care for their loved ones and for themselves. By working with a caregiver consultant, the caregiver can become aware of, and use, other aging services and resources.

1. **Alzheimer’s Association**  
   Phone: (952) 857-0523  
   7900 W. 78th Street  
   Suite 100, Minneapolis, MN 55439

2. **Amherst Wilder Foundation**  
   Phone: (651) 280-CARE (2273)  
   Email: caregiving@wilder.org  
   650 Marshall Avenue  
   St. Paul, MN 55104

3. **Anoka county Family Caregiver Connections**  
   Phone: (763) 422-6960  
   Email: jill.agyekum@co.anoka.mn.us  
   2100 3rd Ave  
   Anoka, MN 55303

4. **DARTS**  
   Phone: 651-455-1560  
   Email: info@darts1.org  
   1645 Marthaler Lane  
   West ST. Paul, MN 55118

5. **Eastside Neighborhood Services**  
   Phone: 612-781-6011  
   Email: agencyinfo@esns.org  
   1700 Second Street NE  
   Minneapolis, MN 55413

6. **FamilyMeans**  
   Phone: (651)439-4840  
   Email: sgavin@familymeans.org  
   1875 Northwestern Ave South  
   Stillwater, MN 55082

7. **Jewish Family Service of St. Paul**  
   Phone: (651) 698-0767  
   Email: info@jfssp.org  
   1633 West 7th Street  
   St. Paul, MN 55102

8. **Jewish Family & Children’s Service of Minneapolis**  
   Phone: (952) 546-0616  
   Email: jfcs@jfcsmpls.org  
   13100 Wayzata Blvd, Suite 400  
   Minnetonka, MN 55305

9. **Lyngblomsten Services, Inc.**  
   Phone: (651) 414-5291  
   Email: bhoffman@lyngblomsten.org  
   1415 Almond Ave  
   St. Paul, MN 55108

10. **Normandale Center for Healing and Wholeness**  
    Phone: (952) 929-1698  
    Email: info@normandalecenter.org  
    6100 Normandale Road  
    Edina, MN 55436

11. **Senior Community Services**  
    Phone: 952-541-1019  
    Email: a.mehta@seniorcommunity.org  
    10201 Wayzata Blvd, Suite 335  
    Minnetonka, MN 55305

12. **Volunteers of America**  
    Phone: (952) 945-4175  
    Email: dharris@voamn.org  
    7625 Metro Boulevard  
    Minneapolis, MN 55439

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