



RCI REACH

RCI REACH is an in-home, tailored, caregiver support intervention consisting of:

12 individual sessions in the home or by telephone.

Session topics include:

- ◆ Information on Alzheimer's and related Dementia
- ◆ Managing troubling behaviors of care recipients
- ◆ Building social support networks
- ◆ Stress management
- ◆ Self-care obstacles
- ◆ Safety

Resources

Enhancing

Alzheimer's

Caregiver

Health

Proven Impact

RCI REACH is an evidence-based program proven in the community setting to improve the caregiver's experience by:

- Reducing caregiver burden scores by 32%
- Improving caregiver self reported health by 10%
- Reducing depression scores by 32%

For more information about this free program call:

Tooele County Aging Services

435-277-2457

