

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 15%
- Improving caregiver self reported health by 10%
- Reducing depression scores by 16%

What are Clients saying about RCI REACH?

"This has helped me in ways that nothing else has been able to help me. I've been to support groups and read information books, but this has been by far the most helpful."

Family Caregiver, Session 12



For more information on this program please contact:

Community Action Team, Inc.
Senior Services
125 N. 17th Street
St. Helens, OR 97051
Phone: 503-397-3511
Fax: 503-397-3290
E-mail: jdavis@cat-team.org



RCI REACH

**Resources for
Enhancing Alzheimer's
Caregiver Health**

**AN EVIDENCE BASED
CAREGIVER INTERVENTION**



RCI REACH

Resources for Enhancing Alzheimer's Caregiver Health

Certified RCI REACH

Interventionists provide:

- *Current information on Alzheimer's disease and related dementia.*
- *Strategies for coping with troubling behaviors of their loved ones.*
- *Techniques to offset the impact of stress on their health*
- *Tools for effectively identifying solutions to their specific challenges.*
- *Encouragement, support, and understanding.*

RCI REACH addresses:

- Emotional wellbeing and Stress management
- Problem Solving and Communications skills
- Coping with troubling behaviors
- Caregiver self-care and health management
- Accessing resources and supports

Services are tailored to individual caregiver needs and delivered over a six month period during nine home visits and three telephone sessions.