



# Aging Families and Caregiver Program

## About the Aging Families and Caregiver Program

The Aging Families and Caregiver Program is a partnership between the Family Therapy, Neuropsychology and Geriatric Psychiatry programs at Rhode Island and The Miriam hospitals and uses the McMaster Model of Family Functioning. It supports seniors and their families who are struggling with many of the challenges that come with aging, such as Alzheimer's disease and related dementia, medical illness, changes in functional abilities and housing, and loss and grief.

As a systems-based program, we not only help families adjust to these difficult challenges but help them identify and utilize a wide range of medical and community resources available to Rhode Island seniors and their families.

## Challenges of Aging Families

Often, older families or their friends and relatives become concerned about changes that can occur with aging or age-related conditions. These can include:

- Declining memory
- Difficulty completing everyday tasks, such as paying bills, home care
- Driving problems
- Depression
- Anxiety and fear
- Personality changes, such as irritability and anger
- Distress about medical illnesses
- Family problems

## Services Available

The Aging Families and Caregiver Program offers a range of services, including:

### Evaluation

- Systematic evaluation of family functioning
- Caregiver stress management
- Psychological assessment

### Family and Individual Therapy

- Problem-focused family therapy
- Caregiver stress management

## Information and Referral

- Neuropsychology and memory testing
- Neurology
- Geriatric care management
- Alzheimer's and dementia-related resources
- Geriatric psychiatry
- Advance directive, power of attorney and legal resources
- Community support (senior centers, adult day services, RI Division of Elderly Affairs)

## Location and Directions

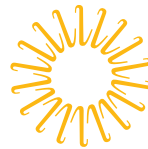
**From points south:** Take I-95 North to Exit 19. Turn left onto Blackstone Street and follow it to Eddy Street. Turn right onto Eddy Street and follow it to Dudley Street. Turn right onto Dudley Street and follow it to Gay Street. Turn right onto Gay Street, and the Women & Infants parking lot will be in front of you. You can park at the Women & Infants parking lot.

**From points north:** Take I-95 South to Exit 19 and stay to the right through the exit until you reach the stop sign at Borden Street. Turn right onto Borden Street and follow it to Plain Street. Turn left onto Plain Street and follow it to the end. Turn right at the end, and the Women & Infants parking lot will be in front of you. You can park at the Women & Infants parking lot.

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