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The HAP Foundation is offering Support Groups for Caregivers of Individuals with Alzheimer’s and Dementia-Related Diseases

Funded by the Illinois Public Health Association through the Illinois Department of Public Health

[The HAP Foundation](#) announces that monthly support groups for caregivers of individuals with Alzheimer’s and Dementia-related diseases are now available virtually. In collaboration with the Alzheimer’s Association and RUSH, this initiative is funded by a grant through the Illinois Public Health Association and Illinois Department of Public Health. The support groups will be hosted by trained HAP Community Health Workers.

“At The HAP Foundation, we aim to support caregivers as they navigate the challenges of supporting individuals with serious illnesses,” said Joseph Matty, President of The HAP Foundation. “With these support groups, we are providing self-care resources while creating a safe place for the community to share their experiences.”

Upcoming sessions include:

- Monday, October 14, 2024, virtually. Register [here](#).
- Wednesday, November 6, 2024, virtually. Register [here](#).
- For future sessions, visit *The HAP Foundation’s event webpage under Support Groups* found [here](#).

These groups are a shared space for peer support and community building. Specialty trained HAP Foundation Community Health Workers will provide curated, culturally tailored resources and outreach material based on the discussion. They aim to create a community connection for caregivers by holding a space for conversation and shared experiences. The support groups provide caregivers with stress management toolkits to decrease their sense of burnout and stress, while lessening the onset or increase of depression, anxiety and/or helplessness.

For more information, visit www.thehapfoundation.org or email chw@thehapfoundation.org.



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About The HAP Foundation:

The HAP Foundation is an independent nonprofit that provides education, advocacy, workforce development, and research on hospice, palliative care, and grief for all ages. With four decades rooted in direct patient care, it currently focuses on educating communities and professionals on hospice and palliative care; engaging in community-based research to better understand and impact disparities in hospice, palliative care, and grief support; increasing the Community Health Worker workforce to strengthen and share serious illness resources and education in the community; and advancing policies that assist individuals and families during end of life. Also, The HAP Foundation offers association management and consulting services. www.thehapfoundation.org.



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