
Quality of Life Programs & Research Opportunities

The Northwestern University Cognitive Neurology and Alzheimer's Disease Center (CNADC) provides a number of programs to help support the quality of life of persons living with memory loss, mild cognitive impairment, or other forms of dementia like Alzheimer's disease.

If you would like to learn more about one of the following programs, please contact us at 312-908-9023 or visit www.brain.northwestern.edu



Support Groups

The CNADC offers two support groups for patients and families:

- *Frontotemporal Degeneration (FTD) & Primary Progressive Aphasia (PPA) Caregiver Support Group*
- *Younger Onset Support & Education Group*
(for persons living with Alzheimer's disease under the age of 65 and their families)

The Buddy Program™

This unique program matches first year students from Northwestern's Feinberg School of Medicine with persons in the early stages of cognitive decline. The Buddy Program provides an opportunity for persons with Alzheimer's disease and related dementias to mentor a medical student and gives medical students the unique advantage of spending time with diagnosed individuals at an early stage of illness and outside of the clinical setting.

The Memory Ensemble™

A collaboration between the CNADC and the Lookingglass Theatre Company, the Memory Ensemble is an improvisational theatre experience for persons in the early stages of memory loss. Program participants learn to use their instincts, creativity, and spontaneity as they explore and create together. During this 8-week program, benefits of this non-pharmacological intervention are investigated.

iLLUMAnations

Designed as a program for people with memory loss and their care partners, the primary goal of iLLUMAnations is to spark creative dialogue and foster meaningful exchange around art in a supportive environment. With the guidance of specially trained docents, participants tour exhibits at the Loyola University Museum of Art.

Storytelling Workshop

This workshop offers individuals in the early stages of cognitive decline and their partners an opportunity to develop and write a shared story from their lives through reminiscence and exploration of the impact dementia has had on their lives. The program seeks to preserve couplehood and decrease social isolation.

*The Cognitive Neurology and Alzheimer's Disease Center would like to thank
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