

RURAL INTERDISCIPLINARY TEAM TRAINING (RITT) DEMENTIA CARE COORDINATOR PROGRAM



BACKGROUND

As part of a 2020 initiative, RITT has created a caregiver support program led by a Dementia Care Coordinator who is a licensed clinical social worker. We know that caregivers of Veterans with dementia often suffer from high stress and feel overwhelmed, which can potentially lead to burnout. If we can help the caregiver, we can also improve the Veteran's health and quality of life. The Dementia Care Coordinator provides 1 on 1 counseling, support and education for caregivers providing care for Veterans suffering from dementia. Our goal is to help caregivers reduce stress, improve problem solving skills, and be connected to helpful resources.

HOW THE PROGRAM WORKS:

- VA Medical Centers and CBOCS can refer caregivers to the RITT Dementia Care Coordinator for participation in the program.
- Referred caregivers will receive 4-5 individual sessions which include: assessment, instruction in stress reduction techniques, help problem solving.
- The dementia care coordinator will help the caregiver connect to needed resources, apply for benefits, and help the caregiver navigate the healthcare systems.

WHO DO I CONTACT ABOUT THE RITT DEMENTIA CAREGIVER PROGRAM?

Please email your referral to Nicholas Koufacos, Dementia Care Coordinator, by encrypted email at Nicholas.Koufacos@va.gov , OR you can call 646-808-4329.

Please include the caregivers name and contact number so the coordinator can call the caregiver directly and provide the support.

THIS PROGRAM IS FREE OF CHARGE!