



UofL Trager Institute Caregiver Program

Caring For Loved Ones

The UofL Trager Institute's Caregiver Program supports individuals caring for a loved one that is 60 or older or someone under 60 diagnosed by a doctor with dementia or Alzheimer's in Bullitt, Henry, Oldham, Shelby, Spencer, Trimble and Jefferson County in Kentucky.*

**caregivers caring for someone who resides in assisted living are not eligible*

What We Offer

Training

- Educational workshops based on your needs

Support Groups

- Professionally facilitated
- Peer support from others in similar circumstances
- Share tips, advice, and resources

Case Management

- Provide individualized resources for you or your loved one
- Support with the referral process

Individual Counseling

- Safe space to discuss challenges or stressors as a caregiver

Contact Us

Caregiver Hotline: **(502) 557-0550**

Email: **misty.kupka@louisville.edu**

Visit: **tragerinstitute.org/caregivers**



Scan this code or visit **tinyurl.com/trager-caregiver-survey** to fill out our online interest survey

"The caregiver support group gives me a chance to talk with and listen to other caregivers. The therapists make me feel less alone, allow me to vent when things are really difficult, and give me ideas of how to make things easier."