



# Cognitive Navigation Station

The Life Center's Cognitive Navigation Station offers many different services to support persons living alone with dementia, caregivers of persons living with dementia, and individuals with intellectual and developmental disabilities who are at high risk of developing dementia and their caregivers.



## Our Program Offerings:



### **IDEA! Strategy for Behavior Symptom Management**

Learn more about how Alzheimer's disease may create challenging behaviors and gain skills and knowledge to aid in managing those behaviors. These strategies can reduce stress for both the caregiver and the person living with dementia.



### **Caregiver Navigation Program (CNP)**

CNP allows caregivers to receive individualized support from trained expert staff on how to identify caregiving challenges, dementia education, and connect caregivers to resources. Respite care is available with limited scholarships for adult day services at The Life Center.



### **Supporting People with Intellectual and Developmental Disabilities and Dementia**

Dementia can appear differently in individuals with Intellectual and Developmental Disabilities (IDD), and this educational program will provide knowledge and skills to best support individuals with IDD and their caregivers.



### **Living Alone and Connected Facebook Group**

This online community, specifically for persons living alone with dementia, offers valuable resources, expert-led discussions, and virtual events to individuals living alone with dementia, Alzheimer's disease, or other forms of memory loss.

**To learn more: call, email, or visit our website!**



336-249-2155



[cpyle@lifecenterdavidson.com](mailto:cpyle@lifecenterdavidson.com)



[www.lifecenter.com/CNS](http://www.lifecenter.com/CNS)

# Statistics on Higher-Risk Populations for Dementia

## Persons Living Alone with Dementia

Living alone as an older adult is a risk factor for dementia.

28% - 34% of people with dementia live alone.

20% of older adults living with cognitive impairments report being covered by Medicaid.

## Intellectual & Developmental Disabilities and Dementia

IDD affects approximately 7.39 million people in the US according to a 2019 estimate by the University of Minnesota.

In the US, an estimated 9,000 adults with IDD may be affected by dementia. This number is expected to triple in the next 20 years.

## Down Syndrome and Dementia

Down syndrome is one of the most significant risk factors for Alzheimer's disease.

If adults living with Down Syndrome survive past age 40, some 25% will show clinical dementia. And if they survive past age 60, some 60% will show clinical dementia.

The Life Center is offering training and education sessions throughout the year! Please contact Catherine Pyle at [cpyle@lifecenterdavidson.com](mailto:cpyle@lifecenterdavidson.com) to schedule a training at your church, workplace, organization, or community center.

## The Life Center's Support Groups

The Life Center offers free support groups every month that are hosted at:  
601 West Center Street, Lexington, NC 27292.

### Early Stage Alzheimer's Disease and Dementia

This support group is for those who are living with the early stages of Alzheimer's disease or dementia.  
Meets the third Tuesday of each month at 10:00 AM

### Family Caregiver Support Group

If you are caring for an older/disabled adult, please join our Family Caregiver Support Group.  
Meets the third Wednesday of each month at 2:00 PM

### Parkinson's Support Group

This support groups is for individuals diagnosed with Parkinson's and their caregivers.  
Meets the third Thursday of each month at 1:30 PM

### Grandparents Raising Grandchildren Support Group

This support group is open to all grandparents raising grandchildren.  
Meets the fourth Tuesday of each month at 1:00 PM

