Quality of Life Programs
Providing emotional support, education, meaningful engagement, and coping strategies

The Shiley-Marcos Alzheimer’s Disease Research Center (SMADRC) provides an array of support groups and activity interventions thoughtfully designed to support well being and enhance quality of life for persons with memory disorders and their care partners.

- Facilitated by trained professionals
- No obligation to participate in research
- No cost to participate

Caregiver Support

Monthly support group open to caregivers of all ages providing care to individuals with Alzheimer’s or a related disorder.

Co-sponsored by Alzheimer’s San Diego.

Early Stage Support Group

Weekly support group at the Shiley-Marcos ADRC for people with early-stage Alzheimer’s or a related disorder. Caregivers of enrolled participants can join in a concurrent caregiver support group.

My Life Through the Lens

Four-session photography and book making workshop developed by the Museum of Photographic Arts (MOPA) offered twice a year to participants with memory disorders and their care partners. This program is offered in English and Spanish.

Co-sponsored by the Alzheimer’s Association.

Memories at the Museums

Monthly program in collaboration with the San Diego Museum of Art, Mingei International Museum, Timken Museum of Art, and Museum of Photographic Arts. SMADRC trained docents provide 1-hour interactive tours to participants with memory disorders and their care partners.

Six-session musical biography program developed by Villa Musica offered twice a year to participants with memory disorders and their care partners.

Young Onset Support Group

Monthly support group at the Shiley-Marcos ADRC for individuals who have learned that they have one or two copies of the e4 allele of the apolipoprotein E gene (ApoE).

Bi-monthly Spanish support group for caregivers of all ages providing care to individuals with Alzheimer’s or a related disorder.

Sponsored by Alzheimer’s Association and Co-sponsored by SMADRC and George G. Glenner Alzheimer’s Family Centers, Inc.

Pre-Registration is required. Call (858) 822-4800.
adrc.ucsd.edu