Quality of Life Programs
Providing emotional support, education, meaningful engagement, and coping strategies in a social distanced virtual format

The Shiley-Marcos Alzheimer’s Disease Research Center (SMADRC) provides an array of virtual support groups and activity interventions designed to support well being and support 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
- Easy to access via zoom or phone

Caregiver Support
Monthly support group open to caregivers of all ages providing care to individuals with Alzheimer’s or a related disorder.
Offered every 2nd Wednesday of the month from 2:00 pm - 3:00 pm
Co-sponsored by Alzheimer’s San Diego

FOUR FOUR
Monthly discussion, education and support for individuals who have learned that they have one or two copies of the e4 allele of the apolipoprotein E gene (ApoE).
Offered every 2nd Tuesday of the month from 3:00 pm - 4:00 pm

Lewy Body & Frontotemporal Dementia Caregiver Support Group
Monthly support group for caregivers providing care for individuals with non-Alzheimer’s dementias, such as Lewy Body Dementia or Frontotemporal Dementia.
Offered the first Wednesday of every month from 2:00 pm - 3:00 pm
Co-sponsored by Alzheimer’s San Diego

Young Onset Support Group
Monthly support group at the Shiley-Marcos ADRC for individuals who are in the early stages of Alzheimer’s or a related disorder and started experiencing symptoms before age 65.
Offered the 4th Wednesday of the month:
Care partner: 12:00 pm - 1:00 pm
Person diagnosed: 1:00 pm - 2:00 pm

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.
Care partner: Every Wednesday 10:30 pm - 11:30 pm
Person Diagnosed: Every Wednesday 11:30 pm - 12:00 pm
Co-sponsored by Alzheimer’s San Diego

Leydeber and Frontotemporal Dementia Caregiver Support Group
Monthly support group at the Shiley-Marcos ADRC for individuals who are in the early stages of Alzheimer’s or a related disorder and started experiencing symptoms before age 65.
Offered the 4th Wednesday of the month:
Care partner: 12:00 pm - 1:00 pm
Person diagnosed: 1:00 pm - 2:00 pm
Co-sponsored by Alzheimer’s San Diego

Memories at the Museums
Monthly program in collaboration with the San Diego Museum of Art, 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.
Co-sponsored by Alzheimer’s Association

Pre-Registration is required. Email: ttruscott@ucsd.edu
adrc.ucsd.edu