

Do YOU have a loved one with memory issues?

RECEIVE SUPPORT ON YOUR PHONE.

✓ CareTEXT
Tell me 3 things you are grateful for today.

Caregiver
I appreciate your insights and the resources you have given.

✓ CareTEXT
Thank YOU for letting us help!

CONSIDER THE CareTEXT PROGRAM

CareTEXT is a program to support caregivers of people with dementia through text messages at NO COST.

WHAT TO EXPECT:

- / Improve your skills in taking care of yourself and your loved ones
- / Learn about dementia and related resources
- / Get tips and strategies to relax, get active, and make your home safer
- / Chat with a coach live via text to help you find care support for your loved one (home delivery meal options, medical appointments, etc.)
- / The program lasts for six months

THIS PROGRAM IS FOR THOSE WHO:

- / Take care of a loved one with memory problems (Alzheimer's or other dementias)
- / Are 18 years old or older
- / Have an active cellphone to receive text messages
- / Speak English or Spanish
- / The person with memory issues lives in Cass, Clay, Jackson, Platte or Ray counties in Missouri



Take advantage of this unique opportunity.



Contact University Health

CALL: 816-404-8437

EMAIL: Caregiver.dementia@uhkc.org