

## Program Snapshot

# RDAD

## Reducing Disability in Alzheimer's Disease

### WHAT IT IS



■ **RDAD** is a dementia caregiving program that offers 12 in-person (individual or group) exercise training and education sessions for caregivers and persons living with dementia.

### PROGRAM FOCUSES ON



Gentle exercise for the person with dementia



Caregiver training to manage behavioral symptoms & identify pleasant events

### EASY DELIVERY



Can be delivered by a professional or paraprofessional (e.g. home health professionals and other care providers)

### READY TO ADOPT

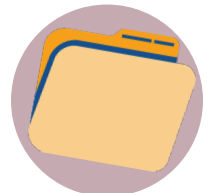
**SHARE** is proven, vetted and ready for implementation by organizations that support and serve dementia caregivers and their care recipients. Program includes:



Training



Manuals & Videos



Record-keeping system

## Learn More

**Reducing Disability in Alzheimer's Disease** is one of more than 40 dementia caregiving programs found in Best Practice Caregiving ([bpc.caregiver.org](http://bpc.caregiver.org)), a free, online database that helps organizations identify, compare and adopt best-fit programs for their clients and community.