

Dementia Informed Counseling

## For Families Impacted by Dementia

Dementia Informed Counseling brings renewed hope, insight, and life to a couple's or family's previously solid relationship turned upside down by dementia. This can help get relationships back on trach with new understanding with just a little professional guidance. Each counseling session helps the person living with dementia, the caregiver and/or family to reconnect with each other with the same love as before the dementia. Counselors take a positive and constructive approach in identifying solutions to the new situation that are do-able and beneficial for all.

## What Happens During a Counseling Session

Sessions last up to one hour and are scheduled with a licensed counselor, and solutions are provided. In many cases, only one or two sessions are needed. Should there be a significant roadblock that may forestall the desired solutions, a referral to a community partner may be possible.

## **Referral Required**

A referral from one of our clinicians is needed to be eligible for this service.



**Counselor** Becky Hoffman MS, LMFT





## Dementia Resource Center Clinic

Hours: Monday - Thursday 8:00am - 4:30pm, Fridays by appointment only. 320-640-6726 | dcan-mn.org | 3701 12th Street North, Suite 103, St. Cloud, MN 56303