

## Fact Sheet

### What is SHARE?

**SHARE** is an innovative evidence-based program that is designed to utilize technology to engage both a person with early-stage dementia and their care partner in discussions about symptoms, communication, care values and preferences, healthy activities, and planning for the future.

### Upon what research is SHARE based?

**SHARE** is based on two decades of research by the Center for Research and Education, part of the Benjamin Rose Institute on Aging, and one of the nation's premier centers for applied aging research. The research indicates that individuals with early-stage dementia benefit from an intervention that increases their active participation in their care plan, develops positive communication techniques among the family, increases knowledge and understanding about available services, and assists the family through the emotional turbulence of a diagnosis of Alzheimer's disease or other forms of dementia.

### How does SHARE work?

Using a specially designed iPad app, **SHARE** Counselors guide program participants through five sessions, plus an optional family session, to outline a care plan for their family to follow as the person with early-stage dementia progresses.

**What is in the SHARE Toolkit?**

The **SHARE** Toolkit enables professionals to deliver the program. The Toolkit includes: Program Manual, Counselor’s Guide, Guide for Families, **SHARE** app for iPad, magnet boards and magnetic tiles, and the counselor certified online training course.

**What does SHARE stand for?**

**S**upport care partners and help them communicate effectively and plan for the future; promote **H**ealth and well-being, and decrease stress; encourage participation in fulfilling **A**ctivities; learn about available **R**esources that reflect care partners’ values and preferences; provide **E**ducation about dementia and how to manage changes that lie ahead.

**Who can purchase a SHARE license?**

**SHARE** is available by license to professional organizations who serve families and individuals living with dementia in the earlier stages. **SHARE** Counselors are social workers, geriatric case managers, counselors, program educators, nurses, and other professionals who work with older adults and their families. To learn more about the **SHARE** program, visit [www.benrose.org/share](http://www.benrose.org/share)