

**WHAT SOME PARTICIPANTS SAY
ABOUT THE BUDDY PROGRAM**

“It was a great way to put the human side to medical issues. It was also just a great way to spend time with a friend.”

– **MEDICAL STUDENT**

“It gave my spouse an outlet with a new person to help keep his interests. Thank you for including us in this program!”

– **FAMILY MEMBER**

“My experience with my buddy was very rewarding, and I look forward to continuing our relationship in the years to come.”

– **MEDICAL STUDENT**

“It is an excellent program you have ... it continues to grow. Thank you!”

– **SENIOR BUDDY**



NORTHWESTERN
UNIVERSITY

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**COGNITIVE NEUROLOGY & ALZHEIMER'S
 DISEASE CENTER • NORTHWESTERN UNIVERSITY
 FEINBERG SCHOOL OF MEDICINE
 320 EAST SUPERIOR STREET
 CHICAGO, ILLINOIS 60611**

**THE BUDDY
PROGRAM**



*Sponsored by the
 COGNITIVE NEUROLOGY AND
 ALZHEIMER'S DISEASE CENTER
 of the Northwestern University Feinberg
 School of Medicine*

The Buddy Program

matches first-year medical students with persons diagnosed with Alzheimer's disease or related illnesses. Students are asked to spend about four or five hours a month with their "buddy." This time can be spent in a variety of ways. For example, past buddies have spent time just sitting and talking, going for a walk, or enjoying a trip to a museum or concert. The purpose of the Buddy Program is to provide socialization and companionship for persons with Alzheimer's disease or related illnesses, to offer an opportunity for both the individual and family to share their experiences with the illness, and to allow medical students to get to know someone with cognitive decline outside of the clinical setting.

Typical Buddy Activities

- going to museums
- talking
- playing board games
- reading together
- going out to eat
- listening to music
- going to a concert
- window shopping
- walking along the lake

The Buddy Program

is looking for individuals interested in being buddies to medical students. Since the students have limited transportation resources, residents of Chicago or people with family members who don't mind driving to activities are especially welcome.

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FOR MORE INFORMATION, PLEASE CONTACT

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