The Glenn Biggs Institute Clinical Support Services
A Focus on Social Work and Counseling in Clinical Care
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Beginning at the Glenn Biggs Institute

The Glenn Biggs Institute for Alzheimer’s and Neurodegenerative Diseases began its clinical practice in October of 2017. From its inception, the institute has strived to provide support to all patient’s and family members, including Spanish speaking individuals, by offering guidance regarding resources and services, individual and group therapy, and creative public programming for individuals living with dementia and their caregivers.

Goals

The goals of our Clinical Support Services include:
• Supporting Biggs Clinicians through comprehensive care
• Maximizing quality of life for both the individual living with the diagnosis and their caregiver
• Educating patients and their caregivers on dementia and coping with the diagnosis
• Promoting and enhancing volunteerism and community engagement to create a supportive community in South Texas

Emotional Impact of Support Services

Research has shown a number of positive impacts of providing social work and counseling services for individuals living with dementia and their caregivers.

Counseling can help reduce caregiver burden, stress and burnout, allowing for better quality of care (Gaugler, 2008). Therapy is often productive in addressing the grief and loss for caregivers and patients associated with receiving a diagnosis.

Social work can reduce stress, barriers to care, and overall quality of life for both caregivers and individuals living with a diagnosis (Lymbery, 2006; Cox, 2007).

Areas Reached Across South Texas

The Glenn Biggs Institute support services reach a number of individuals, both English and Spanish speaking, not just in the San Antonio area. We have seen patients from ten regions of Texas, reaching approximately 100 counties.

Counseling Services Available at the Biggs

Receiving a diagnosis can be difficult emotionally for patients and family members who often struggle with feelings of uncertainty, stress and anxiety. We provide a variety of support to our patient’s and their family members to equip them with the skills necessary to deal with a diagnosis.

Individual, couple & family therapy are offered
» Focus on crisis intervention and caregiver stress
» Cognitive Behavioral Therapy is used for altering negative thinking and navigating the transition of role

Support Groups Available at the Biggs
» Caregivers of Lewy Body Dementia
» Adult Children of Parents Living with Dementia
» Early Stage Alzheimer’s for the Diagnosed and their Caregivers (with the Alzheimer’s Assoc.)

Partnerships and Collaborations

Our continual development of networks with supporting organizations in San Antonio and surrounding areas is crucial to our goals. We have number of collaborations and partnerships with the following establishments:
• UT Health SA- Caring for the Caregivers Program
• Dementia Friendly San Antonio Committee
• Alzheimer’s Association of San Antonio
• Area Agency on Aging- AACOG
• AARP Creating La Vida Buena

Social Work Services at the Biggs

Often patients and caregivers seek assistance when navigating community resources. We provide more than case management for these individuals, focusing on advocacy and support in a number of areas:
» Legal Assistance
 » Advanced Directives and Power of Attorney
 » Insurance Eligibility
 » Respite
 » Day Activities
 » Residential Memory Care
 » Reviewing Treatment Plan
 » Diagnosis and Medication Education
 » Senior Services
 » Meals on Wheels
 » In-home personal assistance
 » Transportation
 » Community Centers