

ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend a virtual workshop series for help!

This Dementia Caregiving series is 3-session webinar for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementiarelated behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP VIA ZOOM

Tuesday Afternoons November 28 - December 12, 2023 1:00pm - 2:30pm TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

Tuesday Afternoons Feb. 20 & 27, March 5, 2024 1:00pm - 3:30pm TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

Thursday Evenings March 7- March 21, 2024 6:00pm - 7:30pm TO REGISTER: email Marsa@valleyaaa.org by March 4

Tuesday Mornings March 19- April 2, 2024 10:00am - 11:00am TO REGISTER go to upcap.org and click on EVENTS, or dial 2-1-1

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports

