

## 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

March 19, 26, and April 2, 2024 Tuesday Mornings 10:00am-11:00am TO REGISTER go to upcap.org and click on EVENTS, or dial 2-1-1

Wednesday AfternoonsMarch 20, 27, and April 3, 2024 2:00pm- 4:00pm TO REGISTER go to https://forms.office.com/r/AHvmiDCU1m

**Tuesday Evenings** March 29, April 2 & 9, 2024 5:00pm-6:30pm TO REGISTER: call 517-592-1974 or email livingwellprograms@wellwiseservices.org























