

Family Education Free Workshops

Are you caring for an aging parent or relative with



Alzheimer's Disease or Other Dementias

Date: January 16 11a-1p in Waretown Senior Center

This workshop will help you: Learn about the causes of Alzheimer's disease or other dementias, Recognize the symptoms of Alzheimer's disease or other dementias, Discover how Alzheimer's disease and other dementias are diagnosed. Understand more about the behaviors that can be caused by the symptoms of Alzheimer's disease and other dementias.



Capturing Life's JourneySM

Date: January 23 11a-1p in Waretown Senior Center

This workshop will help you: Discover how "Capture Life's Journey" can help you and others provide the best care for your loved one. Learn techniques to encourage your loved one to share their stories and memories. Become familiar with the format of the Life Journal and how to record information about your loved one's past. Find out how to use the Life Journal in partnership with professional caregivers.



Techniques to Handle Challenging Behaviors

Date: January 30 11a-1p in Waretown Senior Center

This workshop will help you: Learn more about the challenging behaviors that may be displayed by those with Alzheimer's or other dementias. Discover techniques to help handle these behaviors. Determine what techniques work best to manage different types of behaviors.



Activities to Encourage Engagement

Date: February 6 11a-1p in Waretown Senior Center

This workshop will help you: Learn about the benefits of staying active for a person with Alzheimer's disease or other dementia. Learn about three types of activities – for mind, body, and soul. Discover various techniques to encourage your loved one to engage in an activity. Become familiar with activities that are suitable for late stage Alzheimer's disease or other dementia, to stimulate your loved one's five senses

LOCATION: 239 11th St Waretown

TIME: 11a-1p Please RSVP to Jeanne 693-5407

to ensure enough handouts and refreshments

A personalized experience for those with Alzheimer's disease or other dementias.

