



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 dementia-related behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP VIA ZOOM

Tuesday Evenings **March 26, April 2 & 9, 2024** **5:00 pm - 6:30pm**
TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

Thursday Afternoons **May 16, 23, and 30, 2024** **2:00 pm – 3:30 pm**
TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

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

