

**Are you caring for a loved one with memory loss?**



**We can help...**

## **Practical Approaches to Dementia**

The three-part, 90 Minute virtual sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Topics in the three-week class include:

- Brain Behaviors
- Specific Activities for Persons with Dementia
- Basics of Dementia
- Changing in Thinking Patterns
- Communication Strategies for Caregivers

**NOTE:** This class is designed for caregivers, CLS Workers, Self-Determination Workers, professionals, and family members caring for someone with dementia or Alzheimer's.

## **Program Details**

### **Dates:**

Part 1: Thursday, September 17

Part 2: Thursday, September 24

Part 3: Thursday, October 1

**Time:** 3:00pm – 4:30pm

Meetings are once a week, for three weeks.

**Location:** Virtual class via Zoom! Zoom is easy to set up on your computer, phone or tablet. We can help!

**Cost:** No cost, donations are welcome for the class.

**To register for the class please contact:** Jennifer Joyner at [JoynerJ@valleyaaa.org](mailto:JoynerJ@valleyaaa.org).



This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at [marsa@valleyaaa.org](mailto:marsa@valleyaaa.org).