

# DEMENTIA CARE SERIES:

- POSITIVE APPROACH TO CARE
- MUSIC IN CARE
- SELF CARE FOR CAREGIVERS

## SPEAKERS



### Alex Jones

- Teepa Snow PAC Certified Trainer
- Oregon Care Partners Trainer
- Evoke Certified Trainer



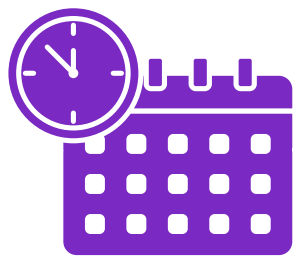
### Joseph Konty

- Professional Musician
- Troubadour
- Producer
- Care Partner
- Music Director/Educator



### Dr. Amy Friday

- Ph.D.
- Licensed Psychologist
- Geropsychology
- Neuropsychology
- OPAL Institute



October 23rd, 2024  
3:00pm – 6:00pm



11535 SW Durham  
Rd #C5 Tigard, OR  
97224

## AGENDA

### First Session 3pm-4pm

- Teepa Snow's PAC (Positive Approach to Care) Hybrid Workshop
- Understanding challenges of living with dementia
- Ways to make caring for your loved one easier

### Second Session 4pm-5pm

- Music in Care
- Musicking in relation to care partnering with those living with dementia

### Third Session 5pm-6pm

- Importance of Self Care for Caregivers
- Ways to care for yourself while caregiving
- Tips & tricks to ensure you're caring for yourself too

**\*Free on-site care offered for your loved\*  
one during the event. They will join the  
Adult Day program at Gentog where they  
have fun while you enjoy the afternoon.**

**\*Free on-site parking\*  
\*Refreshments provided\***



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secure your spot.



Department of  
Health and Human Services  
Disability, Aging and Veteran Services



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