

FREE TRAININGS

from Sibley Senior Association



Dementia 101 *(Certificate upon Completion)*

Tuesday, April 5 • 1-2 p.m.

In this training, you will learn about what dementia is, the different types of dementia and the various signs and symptoms a person may have in one form or another as well as review the stages of dementia and what to expect at different points in one's journey.

Please register by Friday, April 1 at <https://smh.memberclicks.net/dementia-101-training>, email jsmit470@jhmi.edu or call 202-364-7602.

Caregiving 101 *(Certificate upon Completion)*

Thursday, April 7 • 1- 2 p.m.

This training will lend insight into the arduous tasks caregivers face when caring for someone with dementia. It will provide tips on how to make the home safer and how to better handle difficult situations with your loved one. Material will also cover how to take better care of yourself throughout the caregiving journey. As a continued follow up to this training, there will be a support group offered on the first and third Wednesday of every month starting April 20.

Please register before Monday, April 4 at <https://smh.memberclicks.net/caregiving-101-training>, email jsmit470@jhmi.edu or call 202-364-7602.



As a Community Dementia Program Manager, Jihan Starr works directly with family caregivers who need support and guidance as they care for someone living with dementia. She focuses on identifying the needs of caregivers and helping them to navigate resources that may be available to them and their loved one. She facilitates caregiver support groups that provide a safe place for family caregivers to discuss their journey with trusted peers who may also be experiencing similar family dynamics. In uncovering the needs of family caregivers, she also collaborates with other professionals in the industry, to broaden her ability

to assist as many families as possible. Jihan has practiced in the health care arena for over 20 years and has spent 15 years serving seniors.