

DEALING WITH DEMENTIA



Virtual

August 12
Thursday
12:30-4:30pm

Session Zero
August 5
Thursday
2-3pm

This 4-hour workshop highlights:

- Problem solving with dementia behaviors
- Finding time for self-care and stress management
- The caregiving experience
- Understandable explanation of dementia
- Best practices in caregiving

"Session Zero" is a practice session to ensure that you can connect to the Microsoft Teams platform easily, and receive per-class information and materials.

If you have any questions about connecting virtually through your computer, please call we are happy to help.

(Can accommodate English and Spanish)

The Dealing with Dementia Program was developed by the Rosalynn Carter Institute as an evidence informed educational support program for caregivers of people living with dementia.

Call to register 805.388.1952 ext.100
\$25 (cost of materials)