



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is 3-session program 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

**Loose Senior Center
707 N Bridge St
Linden, MI 48451**

**September 12 -26, 2024
11:30pm – 1:00pm**

Please RSVP to Loose Senior Center at (810) 735-9406.

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

