



Alzheimer's Disease

Caring for your Loved One

This free 5-part series will provide education about Alzheimer's disease and how to care for Your loved one throughout the disease process while caring for yourself. Registration is required.

All workshops will be held at
The Central Baptist Church
9 Academy Street
Chelmsford, MA
5:30 to 7:30 PM

Presented by:
Joanne Fontaine, RN, CCM
Geriatric Care Manager/Alzheimer's Care Specialist, Pro-Active Eldercare
And
Lisa Sobhian, LISW
Director of Dementia Care, D'Youville Life and Wellness Community

February 26, 2013-Alzheimer's-Understanding the Basics

Normal age related memory changes vs. dementia; the diagnosis of Alzheimer's disease and what to expect as the disease progresses.

March 12, 2013- Communication, Learning the Language of Dementia

Develop skills for communicating effectively with your loved one.

March 26, 2013- Practical Approaches to Challenging Behaviors

Learn the causes of challenging behaviors and effective strategies to help minimize and/or prevent unwanted behaviors.

April 9, 2013- Keeping your Loved One Safe at Home

Become aware of the potential safety issues in the home and solutions to make the home safer for the person with dementia.

April 23, 2013- Caring for the Caregiver

Learn to manage the stress of everyday caregiving and identify helpful resources in the community.

For more information or to register please contact Joanne at (978) 244-0590 or proeldercare@aol.com