

Dementia 101 Free Workshops for Caregivers

Tuesdays, from 2:30 – 4:00 p.m.

Napa County Library
414 South Jefferson St. Napa, CA 94559

Limited Places

February 2

Dementia 101

Dementia 101 helps participants understand the difference between normal and abnormal memory changes, best approaches to care for Alzheimer's Disease and other forms of dementia, and helpful resources available in the community.

February 9

GEMS

Teepa Snow's GEMS Approach, looks at each stage of dementia and Alzheimer's disease and to really understand the person and what they might be going through. By breaking down each stage, using GEMS, you will be better equipped to support someone in any stage of the disease.

February 16

Learning to speak Alzheimer's

Showing caregivers how to focus on the whole person—not just their symptoms or disease—“Learning to Speak Alzheimer's” helps attendees say or do the right thing at the right time, while providing ways to manage their own self care through emotional re-framing and helpful community resources.

February 23

Challenging Behaviors

Showing many ways to understand and connect warmly with combative loved ones, “Understanding & Managing Challenging Behavior” outlines steps towards soothing difficult moments and reinforcing positive emotions for loved ones and caregivers alike.

March 2

Self-Care for the Care Partner

Helping caregivers help themselves, our class “Self-Care for the Care Partner” provides ways to manage stress, to set realistic goals, to seek collaborative solutions, to ask effectively for help, and to reframe negative emotions and self-talk into positive, healthy action plans.

Pre-registration is required.
Contact Melissa Gerard 707-815-6258
or melissa.gerard@providence.org

Registration

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