

**SATURDAY
JANUARY 5, 2019**

9:30AM TO 2:30PM

FAMILY CAREGIVER DEMENTIA WORKSHOP

This workshop, for family caregivers, provides a forum for individuals to learn new strategies for helping their relatives with dementia, such as how to make the home safer, resources for acquiring adaptive equipment and strategies to promote participation in activities.

Resources and educational materials are provided.



**This workshop is Free
Registration is Required**

**Contact Pam Barton
bartonp@mladc.com or**

610-527-4220

Light lunch provided

Free Respite may be available

Sessions Include

Understanding & Addressing Challenging Behaviors

Are you caring for a relative with memory loss, Alzheimer's disease or dementia?

Is your relative agitated, refusing help, waking up at night and/or wandering?

Ensuring Safety in the Home

Are you concerned about your family member with dementia falling at home?

Is your family member having difficulty moving through the home?

Are you nervous when assisting your family member with a bath or shower?

Promoting Activity Engagement

Is your family member with dementia bored or inactive?

Are you having trouble finding activities of interest for your family member with dementia?

Is your family member with dementia easily upset or agitated?

Location

119 Radnor Street

Bryn Mawr PA 19010

610-527-4220

www.MainLineAdultDayCenter.org