



Soci t  Alzheimer Society

Caregiver Education Series

Information for Caregivers Coping with Alzheimer's Disease and Related Dementias

As family caregivers, we need emotional support to buoy us up on hard days, to remind us (or teach us) that others feel the same way we do, to lessen the isolation and to make caregiving easier.

As family caregivers, we also need education to direct us how to do the various things that caregiving demands of us, how to advocate for our loved one (*and ourselves*), how to find good home care, how to financially plan for the future, where to find respite care, etc, etc, etc, etc.....

COME AND LEARN MORE!

WHAT IS INVOLVED?

- 6 two-hour sessions
- Small group setting
- Presentations and discussion
- Caregiver peer contact
- Speakers

TOPICS:

- + Understanding and diagnosing the disease
- + Community Support Services
- + Caring from a Caregiver Perspective
- + Behaviours and Communication
- + Relieving Stress
- + Care options and legal issues

DATES and TIMES:

Wed. Mar. 31, 2010 to Wed. May 5, 2010, 6.30 pm - 8.30 pm

Wed. Sept. 29, 2010 to Wed. Nov. 3, 2010, 6.30 pm - 8.30 pm

(6 consecutive Wednesdays)

At the Alzheimer Society of Windsor Essex, 2135 Richmond Street, Windsor

Tues. May 17, Wed. May 18 and Thur. May 19, 2010, 9.30 am - 12.00 pm

At 1700 County Road 22, Belle River, ON (Seasons Lakeshore, Formerly Oak Park Lakeshore)

PARKING IS AVAILABLE

There is no charge to attend but *registration is required as seating is limited.*

To register for a session, please call Jennie Jacobson
or Jennifer Houlahan at 974-2220, ext. 232.

Supported by:

