

Rural Caregiving Telemedicine Program

Connecting Caregivers with Information and Support

January 28, 2021 6:30pm-8:00pm Eastern
5:30pm-7:00pm Central

Staying Active at Home During the Winter Months

Join us for an educational session focused on how to receive and provide quality care for your loved one with memory and thinking problems. With winter now upon us, and the continued COVID-19 restrictions, we are eager to share creative ways to stay active at home for you, as the caregiver, and your loved one.

In this session of the Rural Caregiving Telehealth Program, our discussion will include tips to keep our minds and bodies active during the cold months of winter. We will also describe ways to adjust activities to best suit everyone's ability levels throughout the stages of dementia.

Following the presentation, we will have a question-and-answer session.

This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer's disease and other related memory disorders, providing education and supportive services across the state of Kentucky.

Please register in advance at <https://tinyurl.com/SBCoACaregiving>
Or if you prefer to register by phone, call Tyler McRoberts at (859) 257-6507.