

Dementia and Caregiving

Caring for someone with memory loss or dementia can be challenging. Come and find ways to balance managing your own health and well-being while acting as a caregiver. Learn simple skills to handle troubling behavior, tools to help you reduce stress, coping skills, and find community resources to support you.

This FREE program will be offered in English and Spanish.

DATES/TIME: Saturday March 7, 2020
9:30am Check-In
10am—1pm Program

LOCATION: Brentwood Senior Activity Center—Main Hall
193 Griffith Lane
Brentwood, CA 94513

TO REGISTER: *Online:* Brentwoodca.gov/online-registration
Call: Brentwood Senior Activity Center (925) 516-5380 or
Brentwood Community Center (925) 516-5444
Visit: The Brentwood Senior Activity Center
Workshop Registration #3659



If you need Respite Care (someone to care for your loved one while you attend this important workshop) it may be available through FCA. Funds for this service are limited to patients with dementia or memory loss or who are older adults. If you need respite, please register by February 15. All other participants' register by February 28.

Group size is limited and please let us know if you have a disability and require assistance.

Light refreshments will be provided.



This program is funded by Contra Costa County Area Agency on Aging and the City of Brentwood. FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations and respite assistance. For more information about FCA, call (800) 445-8106 or visit www.caregiver.org.

La Demencia Y su Cuidado

La Demencia pone desafíos reales para ambos, la persona diagnosticada con la enfermedad y para quien asume la responsabilidad de su cuidado. Comprension de esta condicion puede ayudarle a diferenciar la parte normal del envejecimiento y de la condicion que muchas veces puede causar confusion. Es importante establecer balance con su salud y su bienestar mientras usted provee cuidado al paciente.

Este programa es gratuito y sera ofrecido en Ingles Y Espanol

FECHA/HORA: Sabado, Marzo 7, 2020
9:30- Registracion
10am—1pm Programa

LOCACION: Brentwood Senior Activity Center
193 Griffith Lane
Brentwood, CA 94513

PARA REGISTRARSE: *Online:* Brentwoodca.gov/onlineregistration
Llame: Brentwood Senior Activity Center (925) 516-5380 O
Brentwood Community Center (925) 516-5444
Visite: El Brentwood Senior Activity Center
Registracion al taller #3659



Si necesita una beca de Respiro (Un cuidador que pueda proveer cuidado a su ser querido mientras usted atiende al programa) FCA puede ofrecersela. Fondos en estos servicios son limitados a pacientes mayores de edad que sufren de demencia o Perdida de memoria. Si necesita Respiro por favor registrarse a no mas tardar de Febrero 15,2020. Todos los demas participantes pueden empezar registracion en Febrero 28, 2020.

El tamano del grupo es limitado por favor dejenos saber en avanzado si tiene alguna desabilidad y se requiere asistencia.

Refrescos ligeros seran proveidos.

