



**THE Foothills
RETIREMENT COMMUNITY**
Presbyterian Communities of South Carolina

Hosts
an Educational Opportunity:
Alzheimer's and You
Presented by: Karen Nichols

WEEK ONE: Dementia from The Inside Out: What are the differences between Alzheimer's and Dementia? Take a look at healthy brains versus brains for people with dementia. Discuss how the changes in each specific area of the brain relate to the behaviors we see expressed.

WEEK TWO: Communication Is Key: Understanding the changes to the brain that occur with someone with dementia, we will then discuss the best tips and tools for communication so that you are not finding yourself in conflict with the person you are caring for.

WEEK THREE: Every Elder is a Gem - Part I - We will learn about the stages of dementia, by developing a common language to use that describes each stage by focusing on the positives and not simply the loss. We will discuss some of the common traits we see at each stage of the disease and how we as care givers can respond.

WEEK FOUR: Every Elder is a Gem - Part II - will continue the discussion about the stages of dementia and how we can relate best as a caregiver at each stage.

WEEK FIVE: Love Your Elder and Yourself - We will look at caregiving specifically and have an in-depth conversation about our 5 basic human needs that we need to be sure are being met as caregivers and that we are ensuring continue to be met for those living with dementia.

Sessions are: September 22nd, 29th, October 7th, 13th and 20th

Each session will be 2:00 pm until 4:00 pm

**205 Bud Nalley Drive
Easley, SC 29642
864-307-1977**

If you need care assistance for your loved one please call 307-1977 to RSVP.