

# Dementia Trainings

**The Center's Licensed Social Workers provide trainings for caregivers, agencies, nurses, faculty and more! These educational seminars can be held at your workplace, assisted living facility, community center or library.**

**Topics include:**

- ◇ **Understanding Dementia**– Learn about the different types of dementia, and the stages of Alzheimer's disease. We will also discuss appropriate activities for those in each stage of the disease, caregiving tips, and adjustments that may be needed for activities of daily living.
- ◇ **Safety in the Home and Community**– Learn caregiving tips about how to keep you and your loved one safe at home and in the community. We will also discuss fall prevention, eating safety, wandering prevention, and available resources in the community.
- ◇ **Tips: Caring for my Loved One**– Learn some tips and advice on how to best communicate with your loved one with dementia, typical symptoms of the disease, and coping strategies for caregivers. As the disease progresses, learn how to best be prepared on how to assist with activities of daily living such as eating, bathing, dressing and managing daily routines.
- ◇ **Caring for the Caregiver**– Learn about the importance of caregiver self-care, types of self-care, and the importance of utilizing resources that are available in your community. Learn about how to best help yourself, so you can continue to help your loved one with dementia and prevent caregiver burnout.



**CALL TODAY to book your trainings!**