

2009 Caregiver Essentials

A program for family caregivers of people living with dementia

alzheimer's 
association®

Alzdayton.org - 24/7 Helpline 800.272.3900

2nd Thursday of each Month - 1:30 p.m.

You choose! Register for one, several or all of our one-hour education sessions offered at no cost.

at Senior Resource Connection

5601 Kentshire Dr., Kettering, OH

Free Respite Care Available! (More details on back)

To Register or for more info contact Julie Worley
Phone: (937) 291-3332 Email: julie.worley@alz.org.



*February 12: Understanding the Behaviors of Persons Living with Dementia**

Sponsored by: **Dynamic Senior Solutions** - www.dynamicseniorsolutions.com

*March 12: Palliative Care/Hospice Care: What to Know**

*April 9: Home-based Activities for Persons Living with Dementia**

Sponsored by: **Home to Home Transitions** - www.hometohometransition.com

*May 14: Handling Caregiver Stress**

Sponsored by: **Rainbow Touch Clinical Massage** - anita@massageappointments.com

*June 11: Making the Most of Remaining Strengths of Persons w/ Dementia**

Sponsored by: **Genesis Rehabilitation Services** - www.rehab.com

*July 9: Understanding the Disease Process of Related Dementias**

Sponsored by: **Dynamic Senior Solutions** - www.dynamicseniorsolutions.com

*August 13: Legal & Financial Issues Related to Dementia Care**

Sponsored by: **Long Term Care Insurance Agency** - www.ltcinsuranceagency.com

* See back for more on each class and sponsors.

Attendees will have a chance to win a \$25 door prize each month.

About the Alzheimer's Association:

The Alzheimer's Association provides services, information, education and family assistance to a nine county region. People can also give back through volunteering, advocacy and donations. Seventy-five to eighty percent of our funding comes directly from community donations and sponsorships. You can learn more by calling (937) 291-3332 or visiting www.alzdayton.org.

Respite Care

The meetings are being hosted by Senior Resource Connection, an adult day care service in south Dayton. For caregivers who require respite to attend, Senior Resource is offering their service at no cost during the program. If you wish to use respite, *you must call ahead of time*. Contact Laura Plantz at Senior Resource by calling 433-1332 to register your loved one.

About the Education Classes:

Understanding the Behaviors of Persons Living with Dementia - Understand behaviors as a form of communication and learn tools on how to better help a person with dementia through various common behaviors associated with the disease.

Palliative Care/Hospice: What to Know - People living with dementia often face unique challenges in the latter stages. Learn what you can do to prepare for this and how to increase overall comfort and quality of care during these stages.

Home Based Activities for People Living with Dementia - With seventy-five percent of people living with dementia at home, caregivers often want ideas on how to help the person be interactive which is necessary for quality care. Caregivers will learn different ideas to facilitate staying active at home.

Handling Caregiver Stress - Caregivers highly requested this topic. Learn how to manage your stress level while maintaining your role as a caregiver. Your health and overall well-being is crucial to the on-going care for the person living with dementia!

Making the Most of Remaining Strengths of Persons Living with Dementia: Much is discussed about losses with this disease. What about remaining strengths? Learn how to recognize their strengths and improve quality of life for you and the person living with dementia.

Understanding the Disease Process of Related Dementias - Learn more about Alzheimer's and related dementia, stages, treatment options, genetic factors, and current and upcoming research.

Legal and Financial Issues Related to Dementia Care: As a caregiver for a person living with dementia, your family will face some unique legal and financial situations. Educating yourself about it and PLANNING AHEAD is the key to navigating this journey.

Contact our Sponsors:

Dynamic Senior Solutions: Our mission is to enrich the quality of lives for individuals facing potential, perceived or actual changes in cognitive functioning by providing proactive options for interventions that promote wellness and encourage hope.

Genesis Rehab Services: Our company provides professional and effective Rehab Services throughout 800 long-term care facilities across the United States. Visit www.rehab.com for more information.

Home to Home Transitions: Providing signature services before, during and after the movers arrive. Visit www.hometohometransition.com or contact Cheryl at (937) 848-7559 for more information.

Long Term Care Insurance Agency: A local firm serving individuals, professionals and business firms with custom designed Ohio partnership LTC insurance plans. They represent the top 18 American companies to provide affordable solutions. Free quotations without obligation. Call 294-1415

Rainbow Touch Clinical Massage: In numerous studies massage consistently helps recipients: feel relief from pain due to muscle tension, alleviate anxiety and depression, reduce stress hormones, improve immune function to stay healthier. Anita Foster, LMT 937-609-1993