

## **“Caregiver Essentials: Your Journey with Alzheimer’s” 2010**

The diagnosis of Alzheimer’s disease or a related dementia brings with it an array of reactions, feelings and questions. Getting the answers to your questions can be a daunting task. Our new series will focus on 5 key elements of caregiving for your loved one with dementia. A different segment is presented on the third Wednesday of each month.

### **Where:**

Alzheimer’s Association Central and Western Kansas  
347 S. Laura, Wichita, KS 67211

Bring your own lunch.

11:30 a.m. to 1:00 p.m.

There is no charge for this presentation.

Questions? Call (316) 267-7333

### **February 17<sup>th</sup>: Step 1: Safety First!**

When caring for the person with dementia, having a safe and supportive home is an important concern. Since the disease is progressive, the abilities of a person will change. You as the caregiver can learn to adapt the home to support these changes with some creativity, flexibility, and problem solving. Participants will learn of community resources to help.

### **Mar 17<sup>th</sup> Step 2: Planning Ahead.**

While it’s important for everyone to plan for the future, legal plans are especially vital for the person with dementia and their family. Once a person is diagnosed, family and friends should help the person make sure that their affairs are in order. Competency, durable power of attorneys for both health and finances, as well as estate planning are all topics to be discussed.

### **Apr 21<sup>st</sup> Step 3: What About All These Medications?**

The current goal of drug therapy with Alzheimer’s and related dementias is to provide comfort, dignity and independence for a longer period of time. This discussion will cover the concerns and appropriate benefits of commonly prescribed medications for Alzheimer’s as well as common drugs that are not indicated for use with dementia.

### **May 19<sup>th</sup> Step 4: He Just Sits Around All Day**

Activities can celebrate the best of a person’s abilities. They can reduce agitation and improve a person’s mood. We will discuss the role of activities and structure for a person with Alzheimer’s. The participant will leave with an activity plan that optimizes a person’s strengths.

### **Jun 16<sup>th</sup> Step 5: I Just Don’t Have Time to Take Care of Myself!**

Are you so overwhelmed by taking care of someone else that you have neglected your well-being? If you find yourself without time to take care of your own needs, you may be putting yourself and your health at risk. Learn the signs of caregiver stress and how to be a healthy caregiver.