

Care Essentials

A learning series
for family caregivers

Date: **Wednesdays or Saturdays**
March 4th-28th

Time: **Wednesdays 5pm – 7pm OR**
Saturdays 10am-12noon

Location: **Alzheimer Society of Dufferin County**
25 Centennial Rd. Unit 1
Orangeville, ON L9W 1R1

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This 4-week learning series, Care Essentials will focus on the middle stage of Alzheimer's disease and related dementias.

We will discuss topics such as:

communication strategies

activities of daily living

managing behaviours

caring for yourself

safety and security of the home environment

Session Topics:

- What to Expect: The Progression of Dementia
- Day-to-Day Care
- Understanding Behaviour
- A Caregiver's Personal Story and Community Resources

Space is Limited!!! **TO REGISTER**, please call: 519-941-1221

*Please note: this series is **NOT** for the person with dementia.
This series is for the family caregiver.*